



# JOURNALING E-BOOK

FOCUSED ON GRATITUDE, BIBLICALLY  
BASED

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# Welcome!

I am a Licensed Professional Counselor and I have created this ebook as a ready-made way to help you shift your focus onto helpful, supportive thoughts. I hope you find it useful.



*Tiffany Viveros, LPC*













































# NEED MORE?



**My hope is that these writing exercises have allowed for exploration in how gratitude can be instrumental in changing perspectives and attitudes.**

If you find that there is still confusion or angst, please reach out to us and allow us to partner with you in this problem solving journey. We are ready to lend a hand!

[WWW.VIVEROSANDASSOCIATES.COM](http://WWW.VIVEROSANDASSOCIATES.COM)