

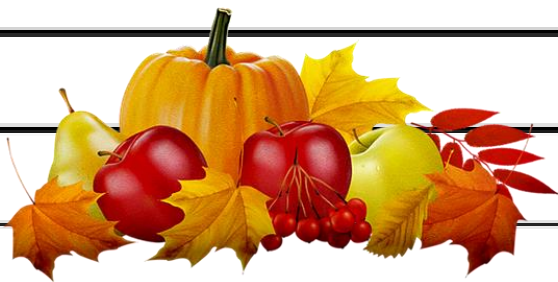
感恩日志

Gratitude Journal



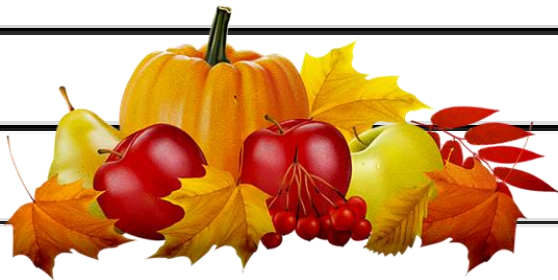
What were the sounds that brought you pleasure today? Thank God for them.

今天有哪些声音曾为你带来喜悦呢？为它们感谢上帝吧。



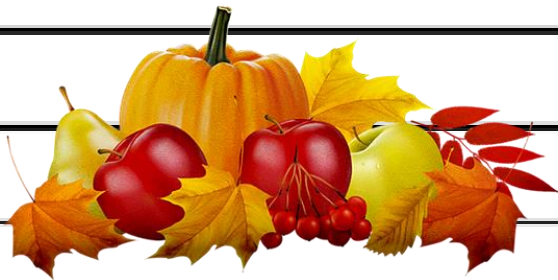
What sights lined your path today? Thank God for them.

在你今天的人生旅途上，你见过哪些令人愉悦的景象呢？为它们感谢上帝吧。



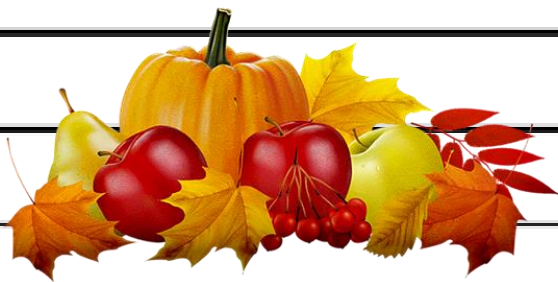
Think back over what you ate and drank today. What flavors and textures did you enjoy? Thank God for them.

回想一下你今天吃喝了些什么东西。你喜欢哪些味道和有口感的食物呢？为它们感谢上帝吧。



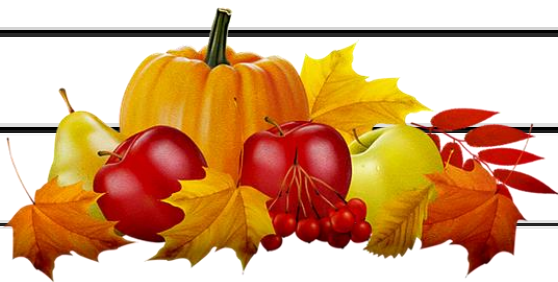
What good smells came your way today? What happy thoughts did they trigger? Thank God for them.

你今天曾闻过什么好的气味呢？它们让你想起什么美好愉快的思绪呢？为它们感谢上帝吧。



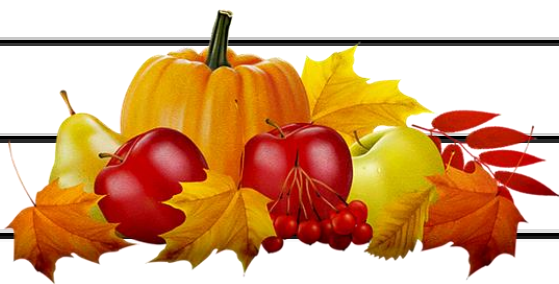
What special experiences did you have today thanks to your sense of touch? Thank God for those.

感谢你有触觉，今天你有什么特别的体验？为它们感谢上帝吧。



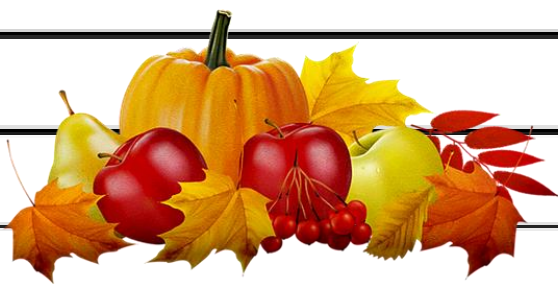
Each person is created with a unique blend of gifts, talents, and abilities. Whatever your gifts, they work together to make you special. Thank God for them.

上帝创造每个人时，都给予了他/她一些独特的天赋、才华和能力。不论你拥有什么天赋，它们都互相效力，使你是十分特别的。为它们感谢上帝吧。



Friends help make you a better person. Thank God for them.

朋友帮助你、使你变得更好。为它们感谢上帝吧。



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