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Marketers On A Mission

THANKFUL Every Day

A Gratitude Journal to Refresh Your Soul
and Increase Your Joy

Dr. Temitope Keku

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Thankful Every Day: A Gratitude Journal to Refresh Your Soul and Increase Your Joy

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Thankful Every Day...

Gratitude is good medicine, like applying a soothing balm to refresh the soul. A few years ago, my mom told me the story behind my name. She was sick during her pregnancy with me, and the doctor did not think she would make it. When I was born, my parents expressed their gratitude to God by naming me Temitope, which means *Enough to thank God* in the Yoruba language from western Nigeria.

So, thankfulness is a natural part of my DNA. Expressing gratitude refreshes the soul. It helps us see life from a different perspective, builds our inner strength, increases joy, and decreases striving.

This journal will increase your awareness to see the good in every day and shed new light on your fears, anxieties, and challenges. Reflecting on your blessings and journaling about them will enrich your life. Being thankful will:

- raise awareness and appreciation of daily blessings in your life;
- increase your inner joy, peace, and contentment;
- enhance your spiritual walk with God;
- improve your physical, emotional, and spiritual health;
- increase resilience to grow through hard times;
- lead to better relationships;
- reduce grumbling and striving; and
- lead to a more fulfilling life.

Each day's Scripture and a daily writing prompt are designed to help you reflect on what you are thankful for so you can enjoy the simple pleasures of day-to-day life. By cultivating a heart of gratitude, you will develop a more positive approach to doing life, enhance your well-being, and increase your joy.

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18 NIV

MORE FROM DR. TEMITOPE KEKU

Weathering Storms: Finding Treasures in the Ruins



Whether you've lost your job or home or you are facing illness and hard times, you can have peace. The *Weathering Storms* 90-day devotional will help you deal with tough times, tough people, and tough circumstances. You don't have to stay depressed or try to control the situation yourself. Instead, let God help you weather your storm.

This devotional will help you:

- Feel God's loving arms carry you through any trial
- Transform your view of God and experience his abiding love
- Cling to unshakable biblical truths as an anchor in the storm
- Prepare your heart and mind for the day ahead

For over thirteen years, Dr. Temitope Keku has taught women how to walk through hard times in victory. Let *Weathering Storms* devotional guide you through tough trials with confidence and help you discover hidden treasures along the way.

Jumpstart your day with a short five-minute devotion illustrated with real-life stories from the Bible, history, and today.

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