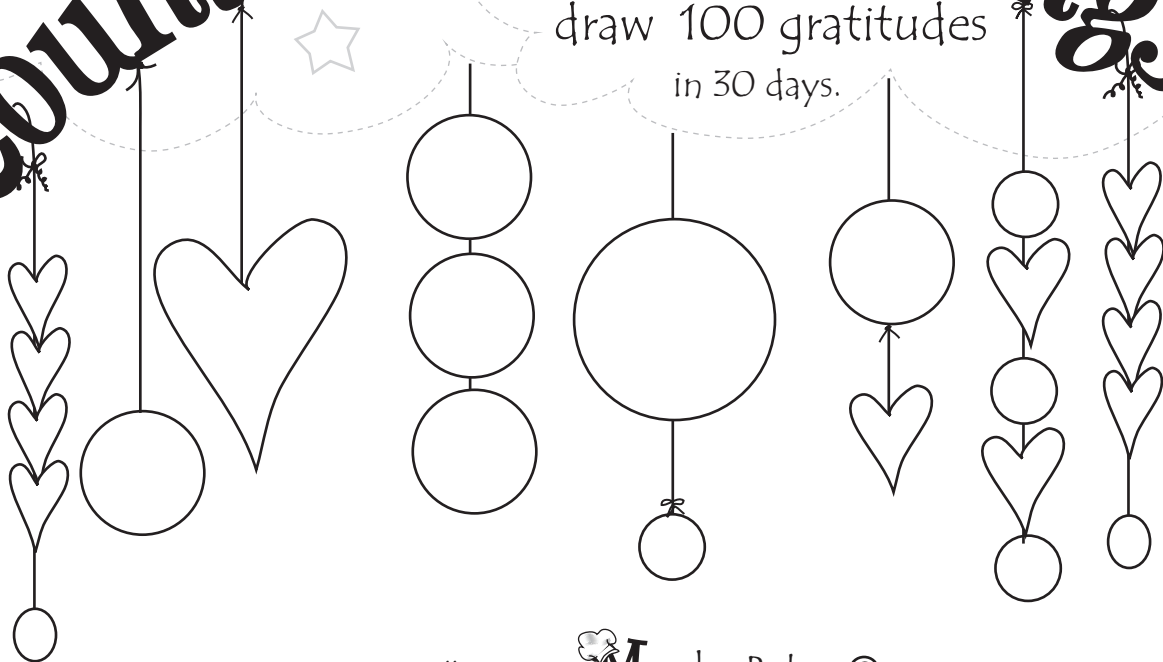


Count Your Blessings!

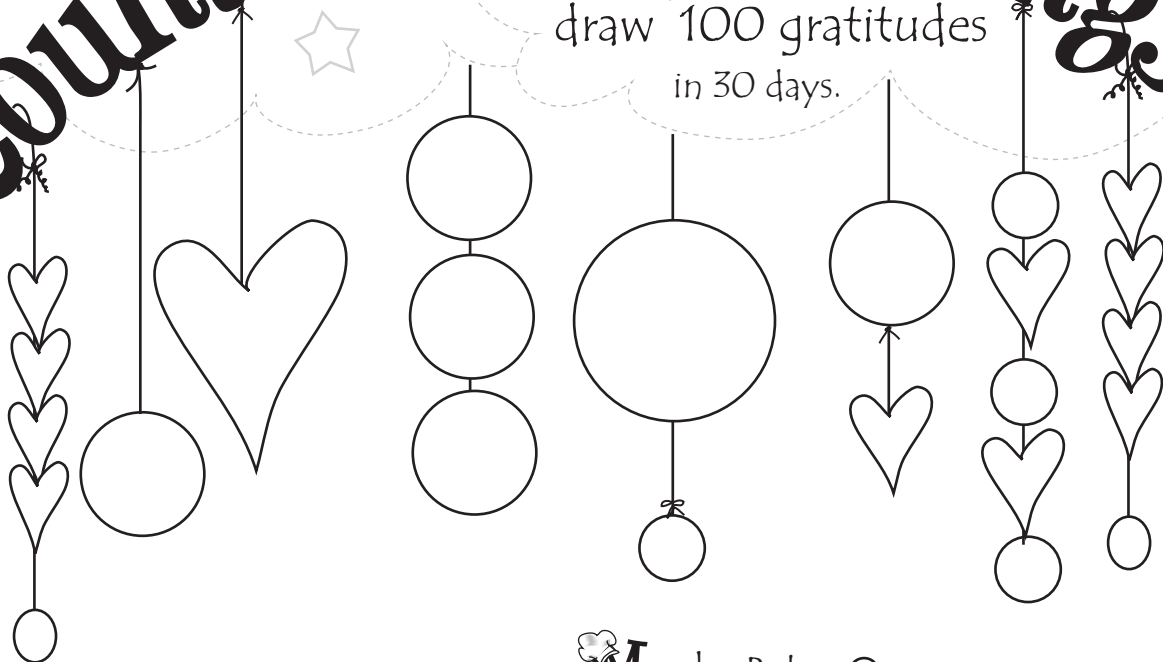
a guided journal to
draw 100 gratitudes
in 30 days.



written and illustrated by  Marsha Baker © 2016

Count Your Blessings!

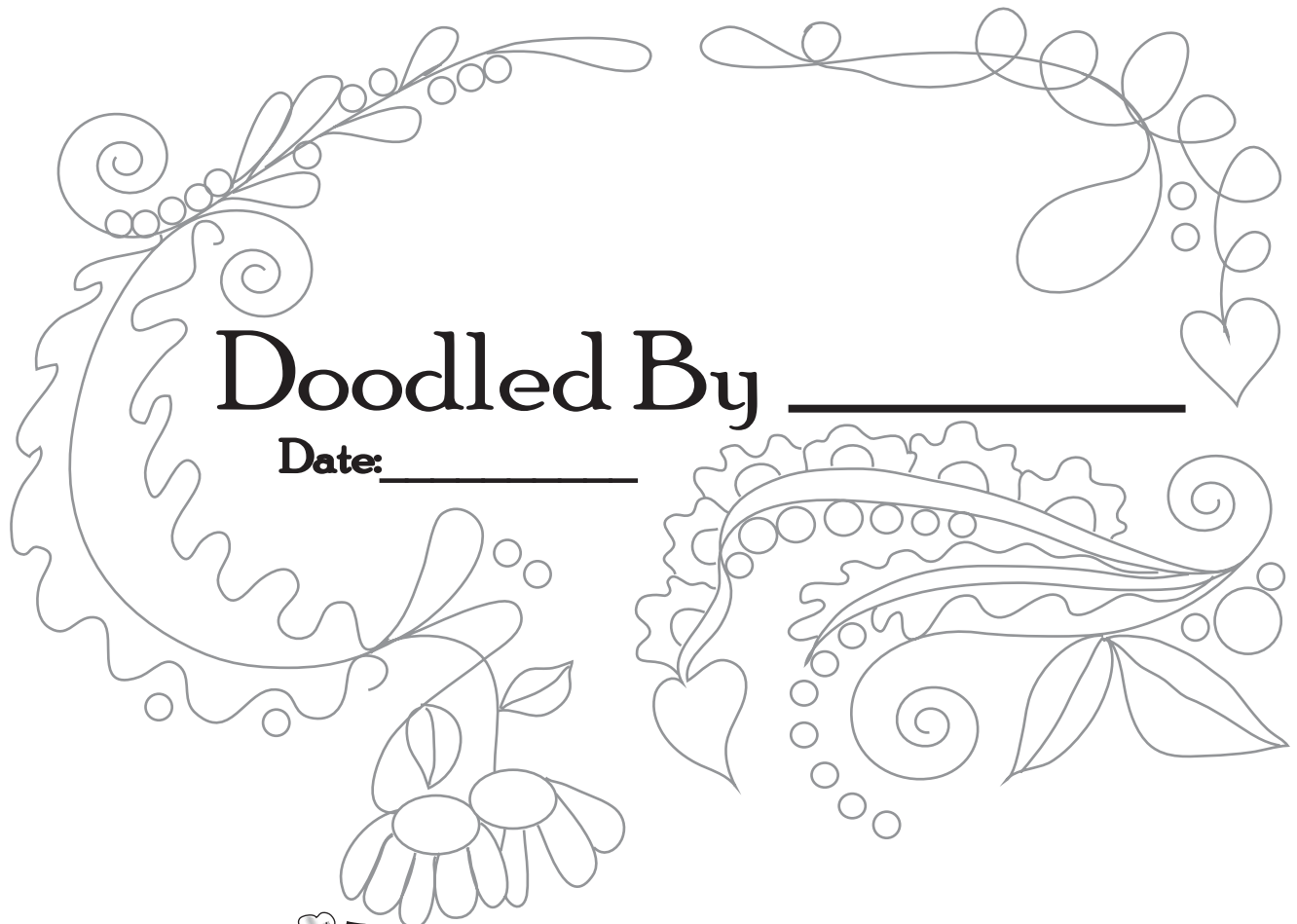
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written and illustrated by  Marsha Baker © 2016



written and illustrated by  Marsha Baker © 2016 for doodle ideas got to www.blessinks.com

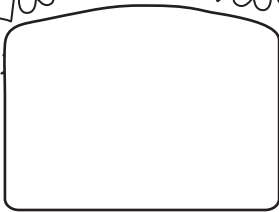


written and illustrated by  Marsha Baker © 2016 for doodle ideas got to www.blessinks.com

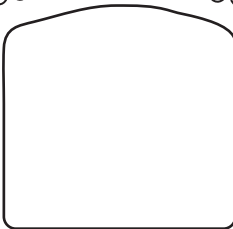
Draw 10 simple everyday things that delight you. You can write underneath the boxes for a description or why you like it.

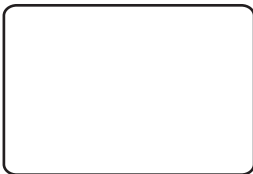
Delight in the Lord and He will give the desires of your heart.

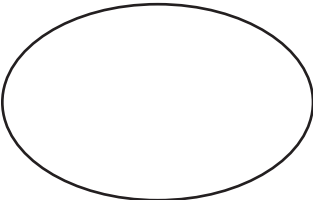
1

1. 

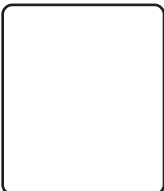
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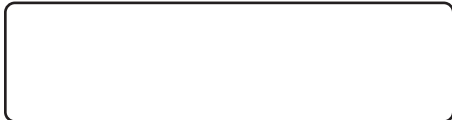
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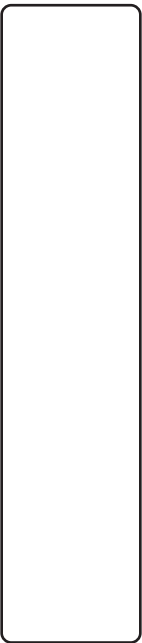
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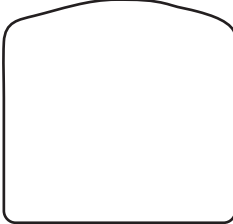
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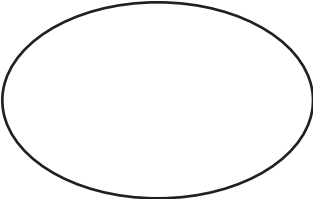
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1. 

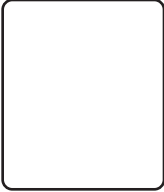
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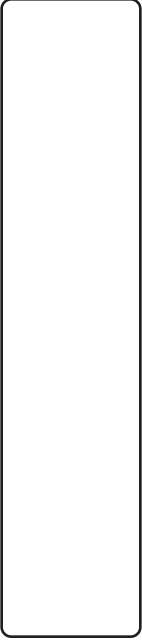
5. 

6. 

7. 

8. 

9. 

10. 

Write about at least 4 people the Lord has put in your life that you cherish. Draw their stick figure portrait or something that represents them. Write about why you cherish them.

11.

12.

13.

14.

Cherished

2

I always thank my God when I remember you in my prayers. Phil. 1:4

Write about at least 4 people the Lord has put in your life that you cherish. Draw their stick figure portrait or something that represents them. Write about why you cherish them.

11.

12.

13.

14.

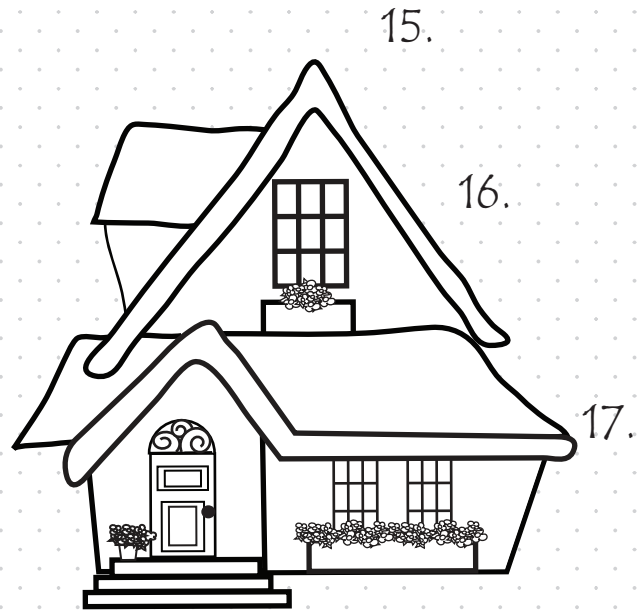
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2

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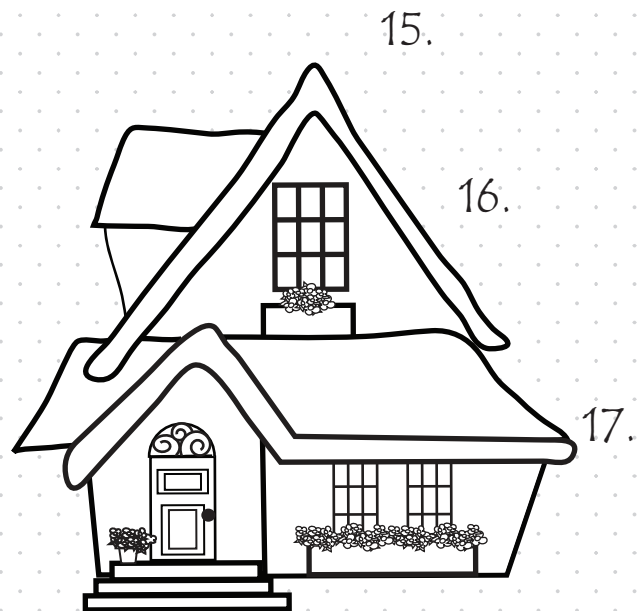
List 3 things you love about where you live – your house, your town; and how you can use those three things to bless others.

1st Peter 4:9 Cheerfully Share your home with one another.

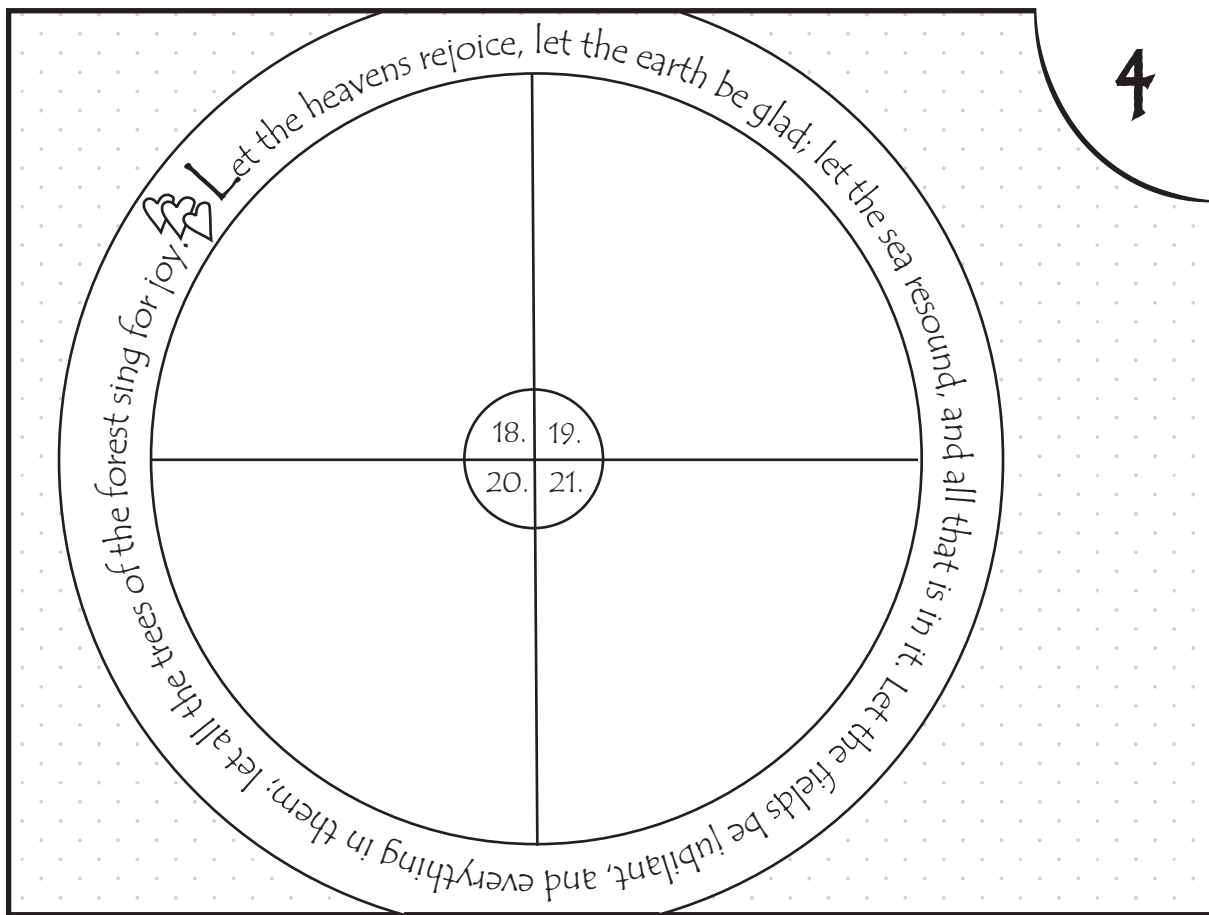


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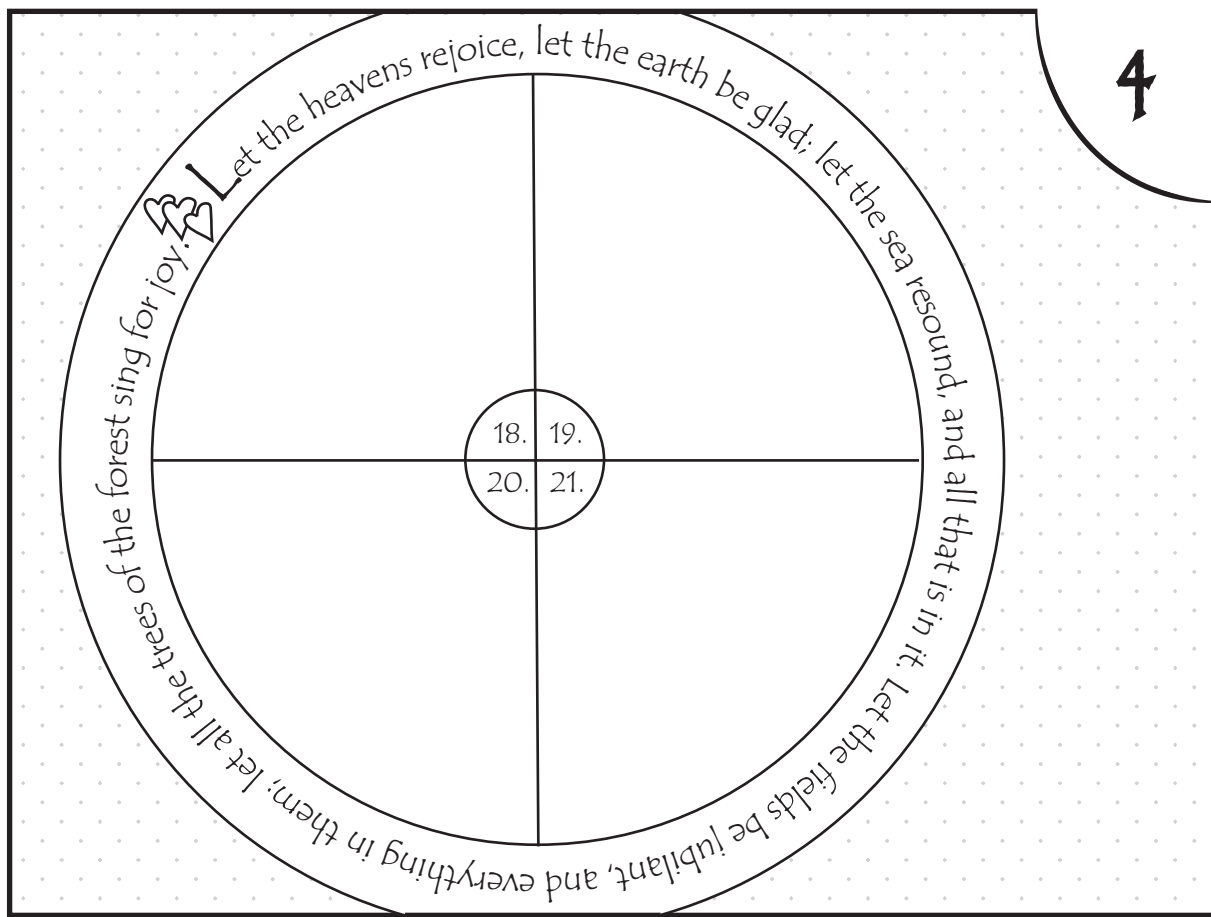
1st Peter 4:9 Cheerfully Share your home with one another.



Draw something from the four most memorable places you've been, remembering that the Lord created it all for you.



Draw something from the four most memorable places you've been, remembering that the Lord created it all for you.



Write down one goal in each of the middle section of each column.
Draw a picture about your goals in the top box and then write details about your plan – when, how much, why... in the bottom

**Commit your work to the Lord,
and your plans will be established.** Proverbs 16:3



22.

23.

24.

Write down one goal in each of the middle section of each column.
Draw a picture about your goals in the top box and then write details about your plan – when, how much, why... in the bottom

**Commit your work to the Lord,
and your plans will be established.** Proverbs 16:3



22.

23.

24.

Think about 6 things you often take for granted – food, electricity, transportation.... What 6 things would make your life painful if these went away? Then thank the Lord for being so faithful and tell others about the blessings in your life.

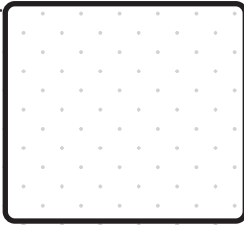
Oh give thanks to the Lord, call up on His

name make known His deeds among the peoples.

25.



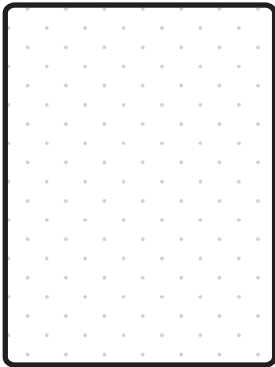
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27.



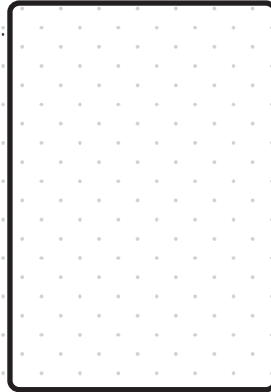
28.



29.



30.



PSalm 105:1

6

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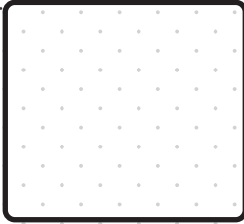
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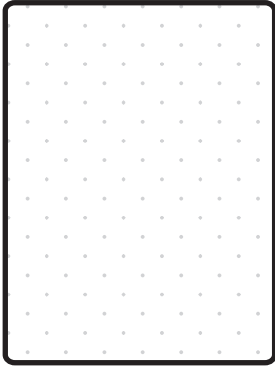
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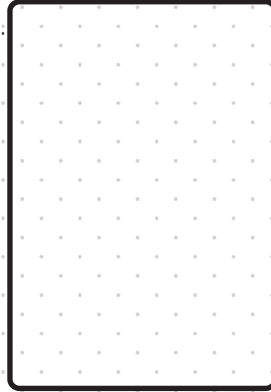
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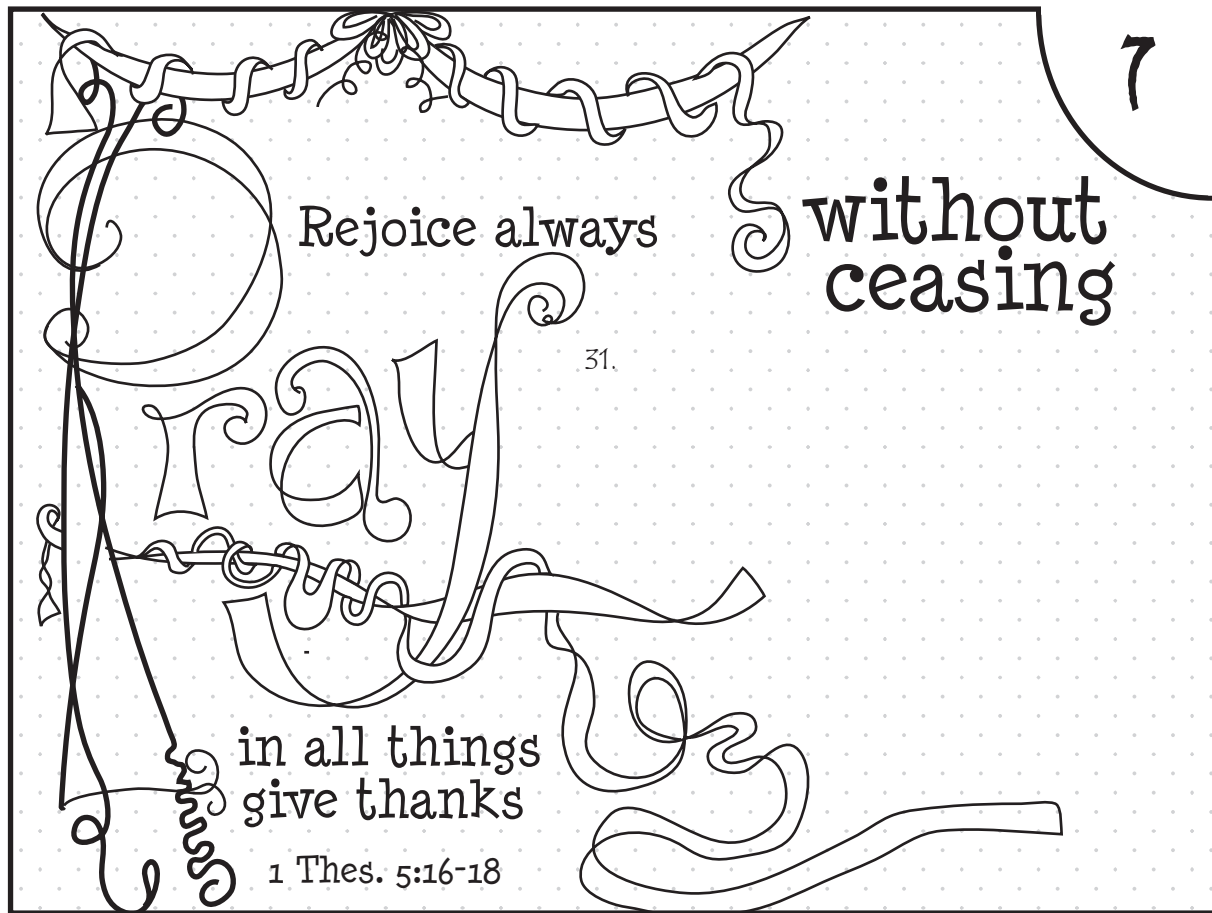
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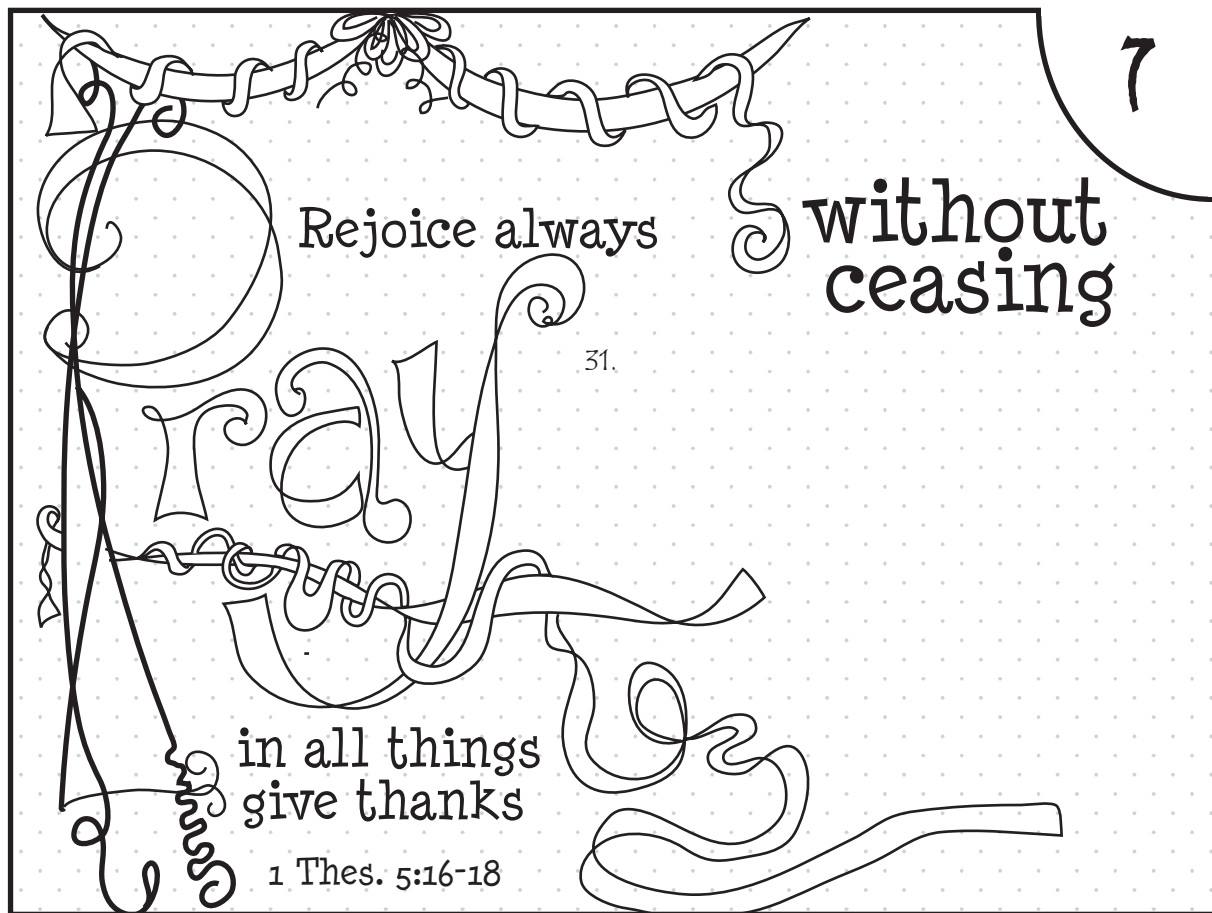
PSalm 105:1

6

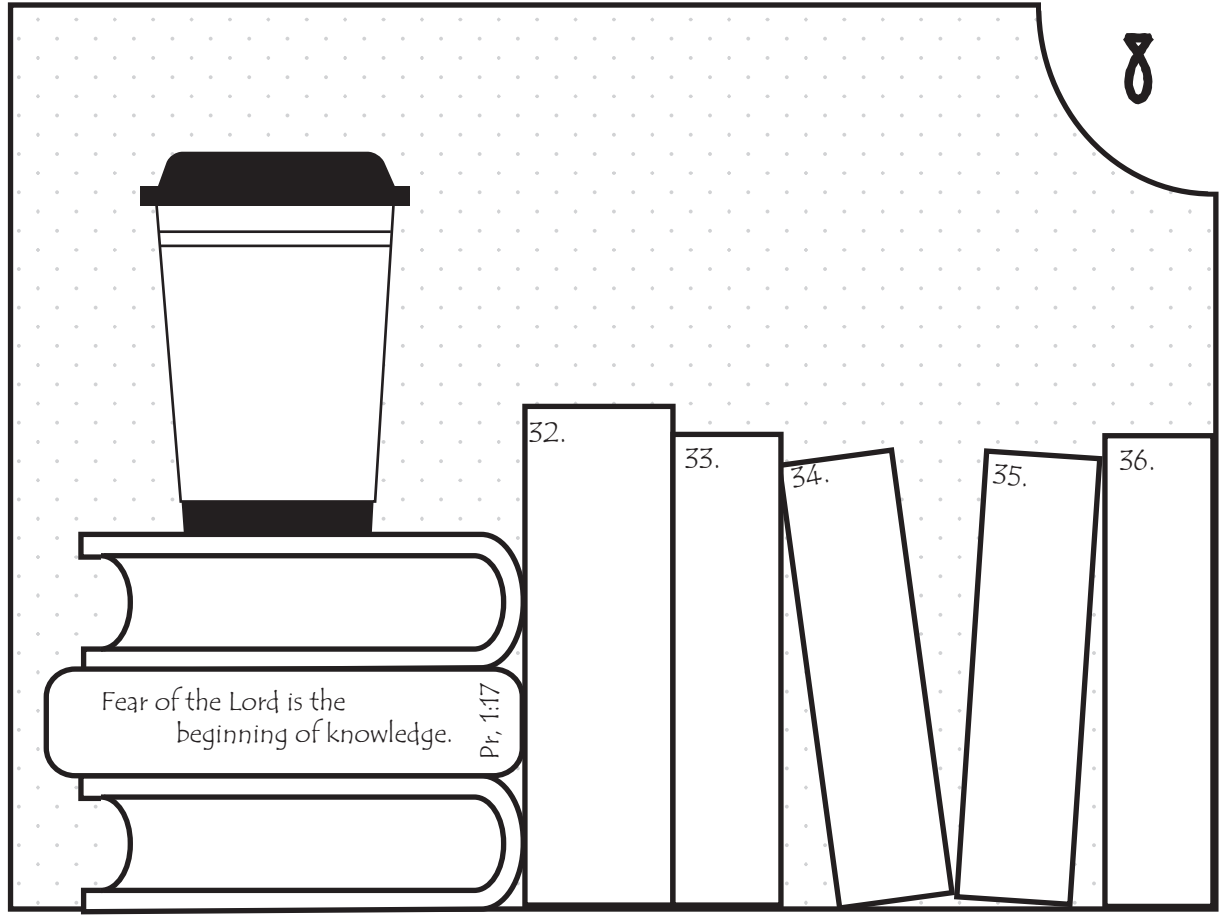
Write about a time when the Lord answered your prayer, the draw an image about that prayer.



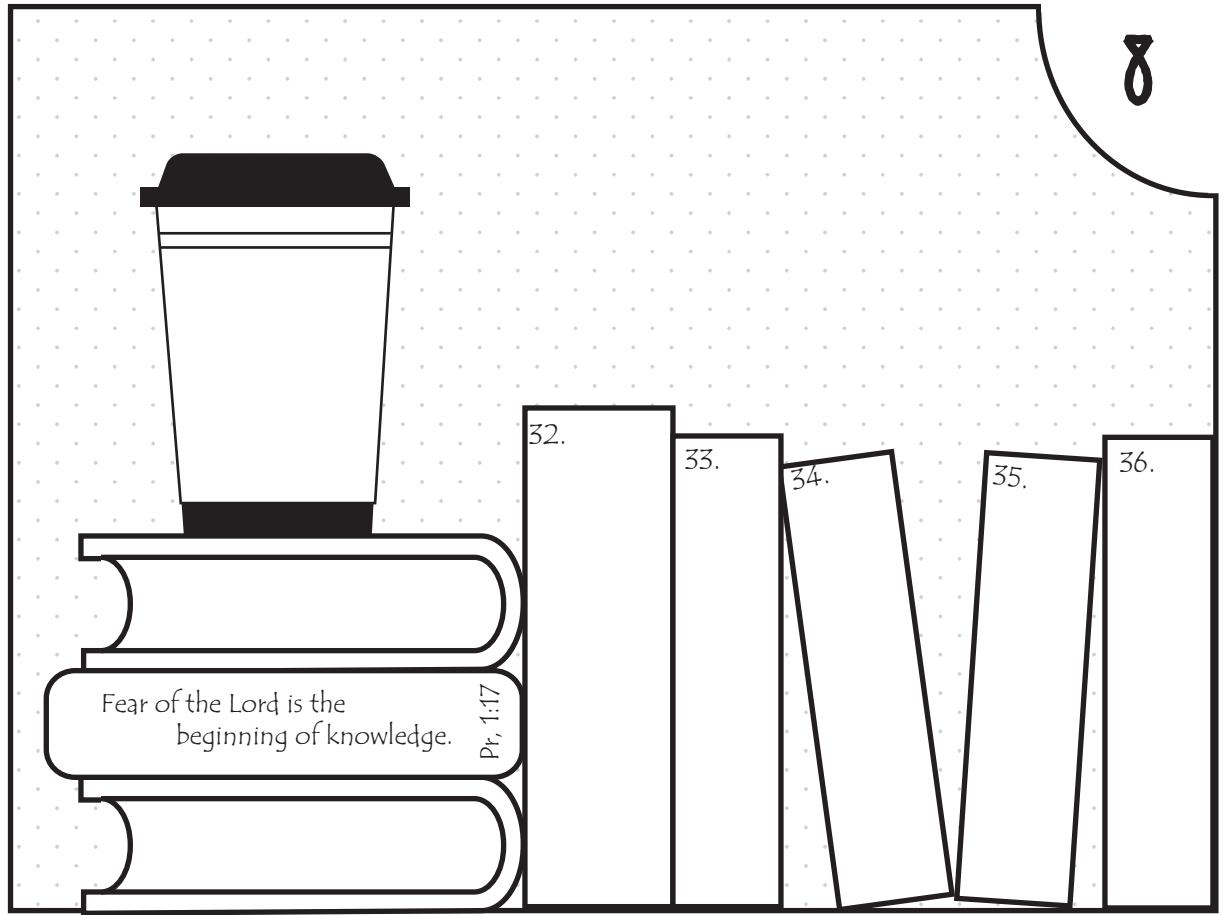
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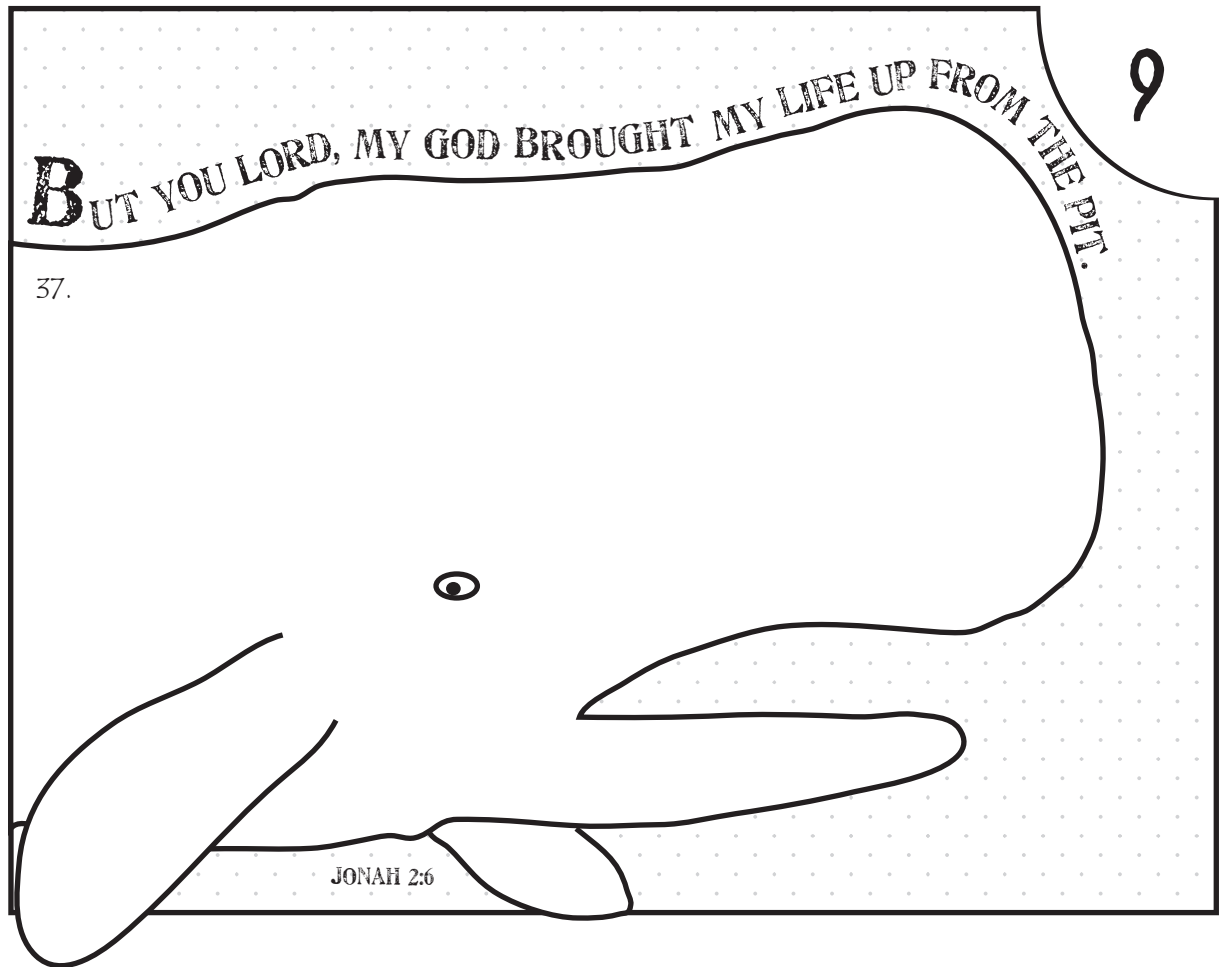
List 5 books (or movies) that you love. List the titles on the spines of the books. Can you add a visual element too? Doodle in some fun wallpaper in the background.



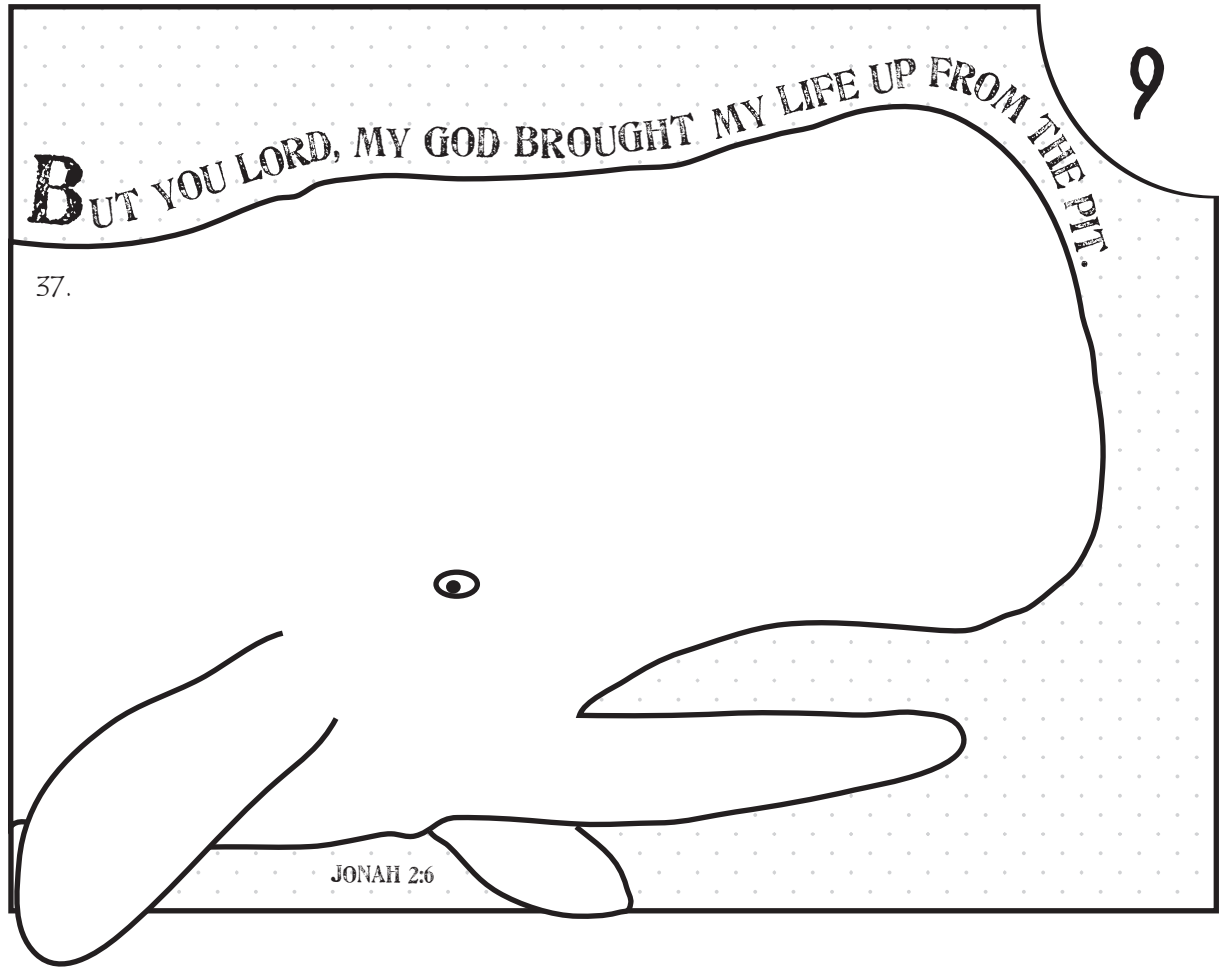
List 5 books (or movies) that you love. List the titles on the spines of the books. Can you add a visual element too? Doodle in some fun wallpaper in the background.



Think back to a really difficult time in your life and write about inside the whale. Write about where you saw the Lord's blessing in your trial. Or write your story outside the whale and doodle up the whale.



Think back to a really difficult time in your life and write about inside the whale. Write about where you saw the Lord's blessing in your trial. Or write your story outside the whale and doodle up the whale.



Identify three people you admire. Draw their picture in the stars and then write their name underneath and then write a few words about why you admire them.

People I admire

38.

39.

40.

10

Be Kind to one another. Eph 4:32

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People I admire

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39.

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10

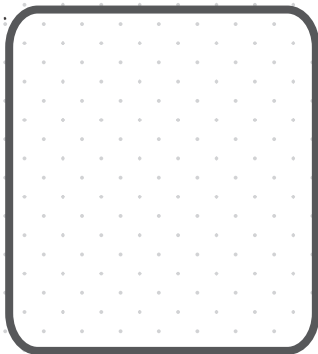
Be Kind to one another. Eph 4:32

Think back to three times when someone who served you when needed help. Draw an image in the boxes and then write about in underneath. Doodle in the blank spaces.

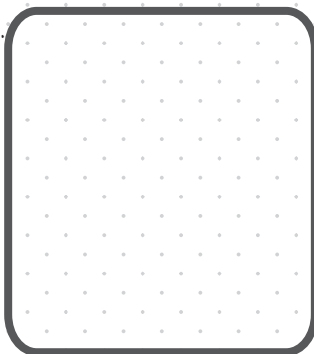
Gal 5:13 Serve One Another in Love.

11

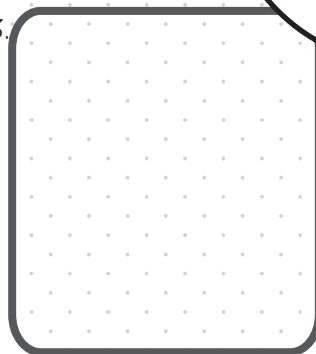
41.



42.



43.

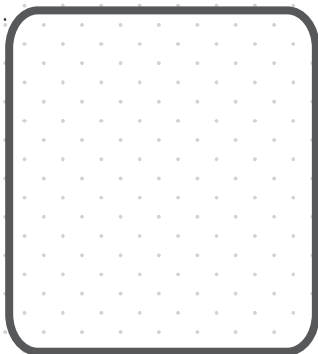


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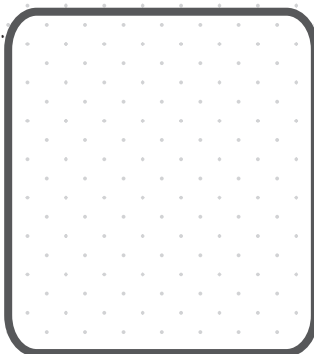
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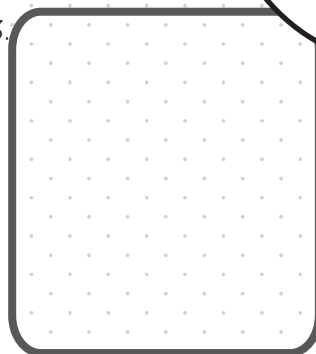
41.



42.



43.



Write out the chorus to two songs that you really love.

44.

45.

PS 9:1-2

12

Write out the chorus to two songs that you really love.

44.

45.

PS 9:1-2

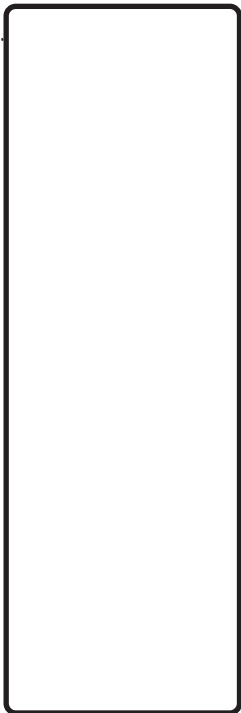
12

There is a time for every season. Ecc 3:1

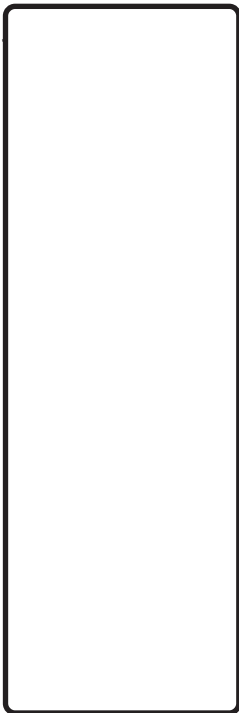
13

Draw something you love about every season.

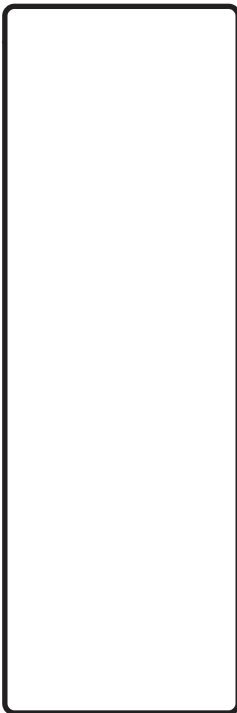
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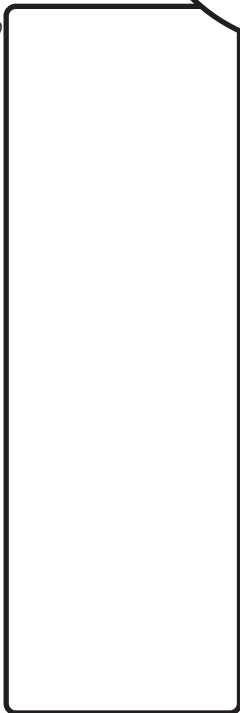
47.



48.



49.



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13

Draw something you love about every season.

46.



47.



48.



49.

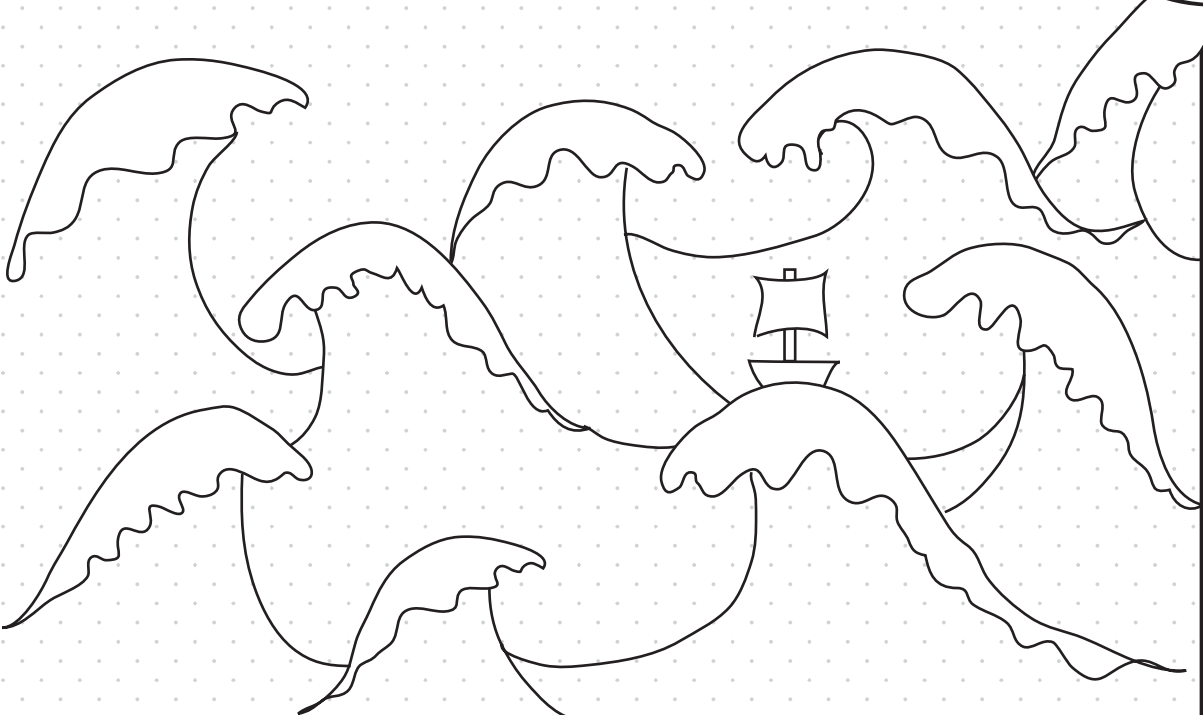


Under the verse write about a current worry in your life and then be thankful for Ps. 138:8. Doodle patterns in the waves.

Ps. 138:8 The Lord will accomplish what concerns us

50.

14

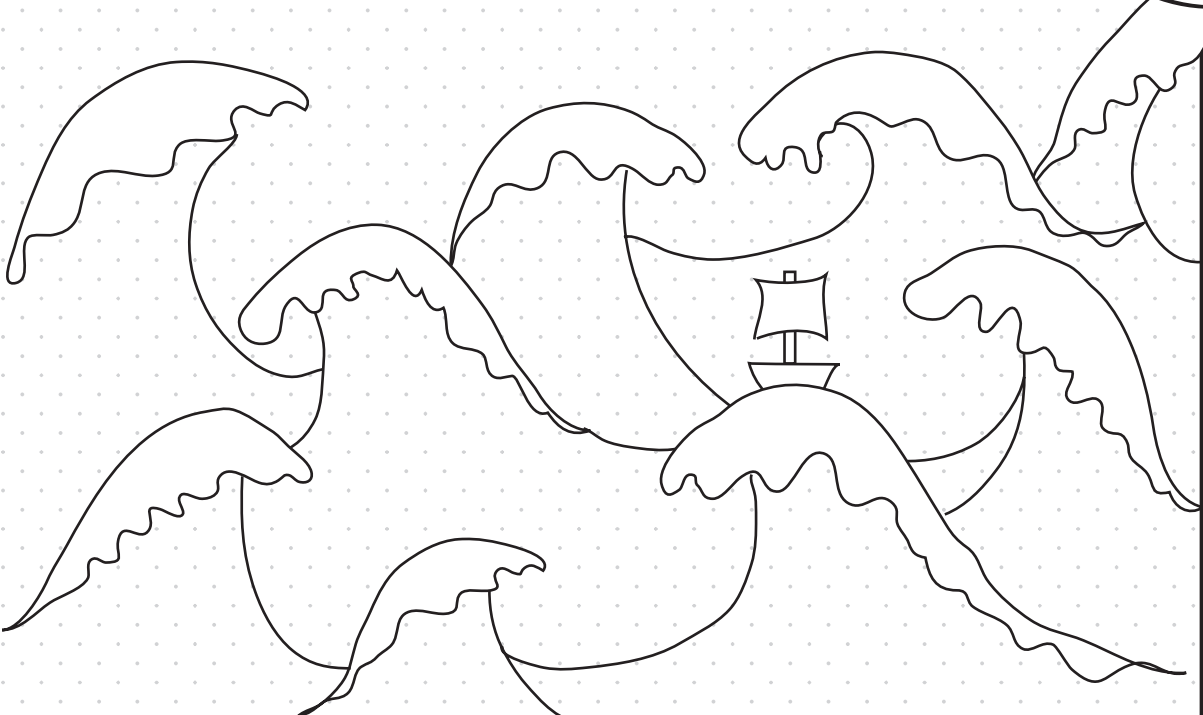
A line drawing of a sailboat on a sea with stylized waves, intended for coloring or doodling. The drawing is enclosed in a rectangular frame with a dotted background. The waves are represented by simple, flowing lines, and the sailboat has a single square sail.

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A line drawing of a sailboat on a sea with stylized waves, intended for coloring or doodling. The drawing is enclosed in a rectangular frame with a dotted background. The waves are represented by simple, flowing lines, and the sailboat has a single square sail.

Think about how special God has made you. Identify three talents you have. Draw them, then write about them and then list 1 way you can bless others with your special abilities.

My talents and abilities:

15

51. draw your talents	52.	53.
		

write about your talents

write about how you can bless others with your talents.

Outrageously encourage one another daily. Heb 3:13

What ever you do, do for the glory of God. 1 Cor 10:31

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Doodle the word Hope and then write about one thing you hope for. Doodle the rest of the page.

16

HOPE

The Lord delights in those that fear him, who put their HOPE in His unfailing love.
54.

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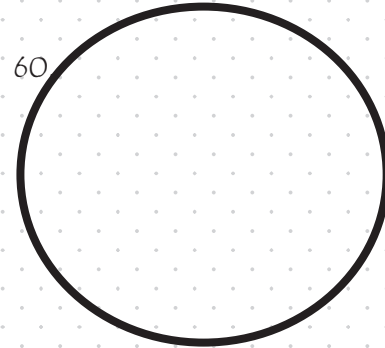
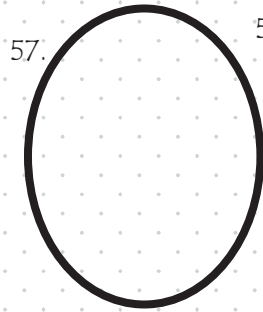
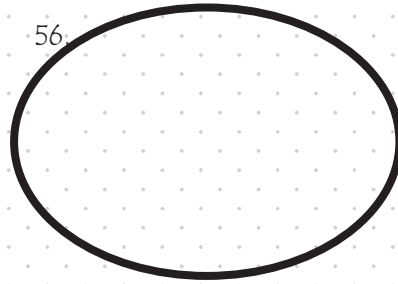
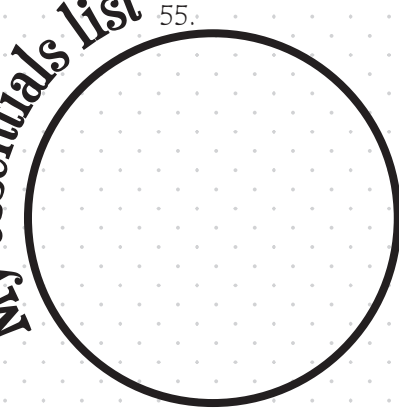
16

HOPE

The Lord delights in those that fear him, who put their HOPE in His unfailing love.
54.

Ideally if I had to make a list of the essential things I need, I'd want to possess the fruits of the spirit (Gal 5:22-23), but here let's list some of those everyday things you can't live without. I never go anywhere without lip balm. What about you?

My essentials list

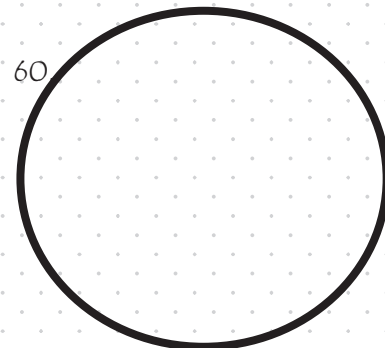
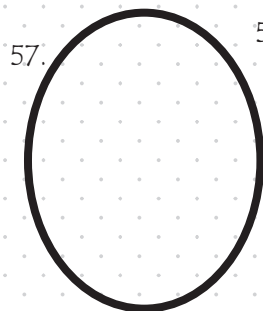
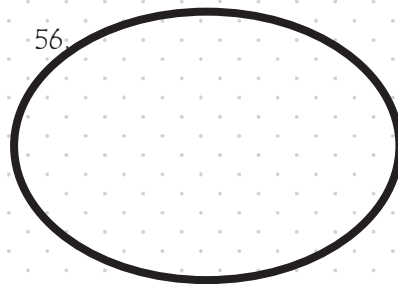
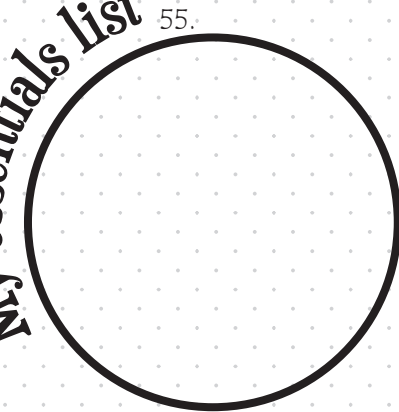


Read Galatians 5:22-23

17

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17

61.

18

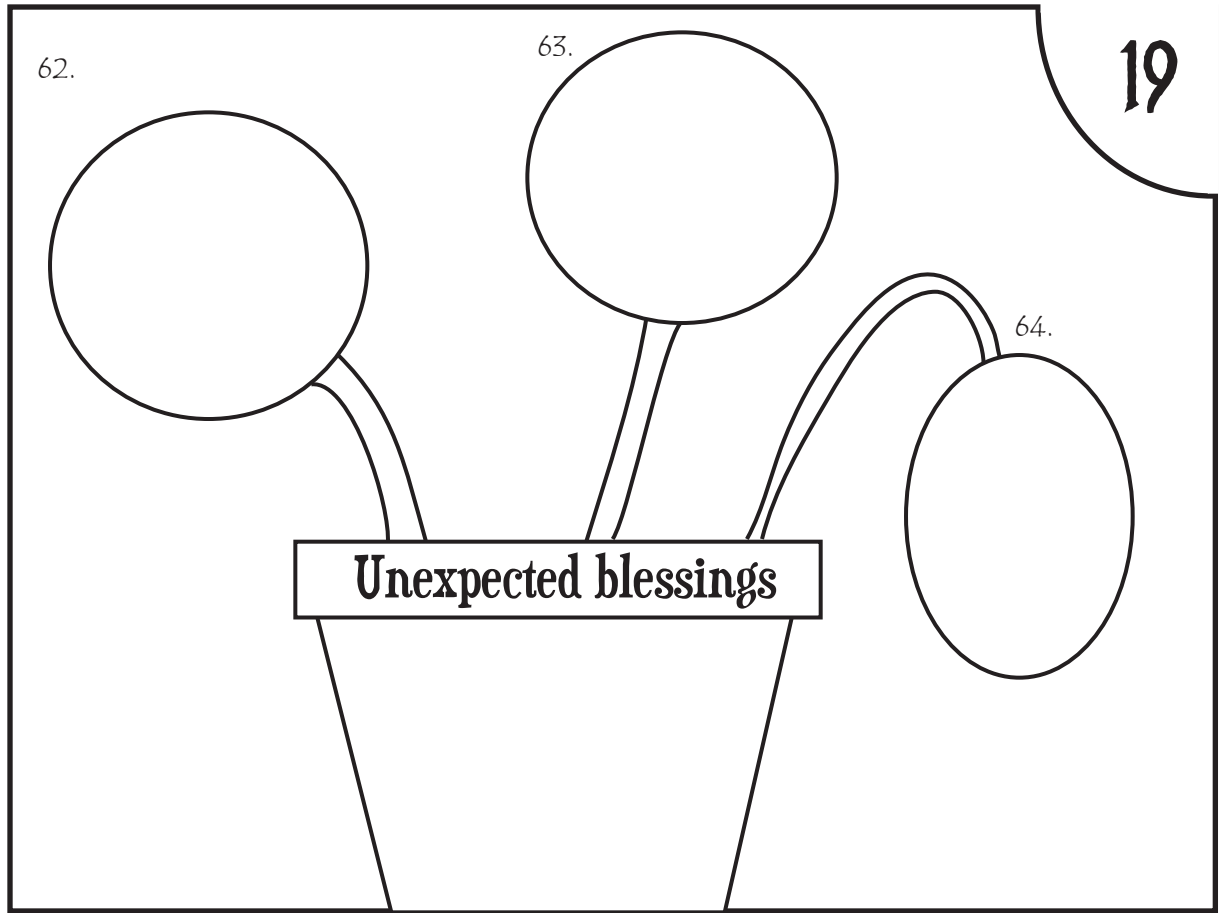


61.

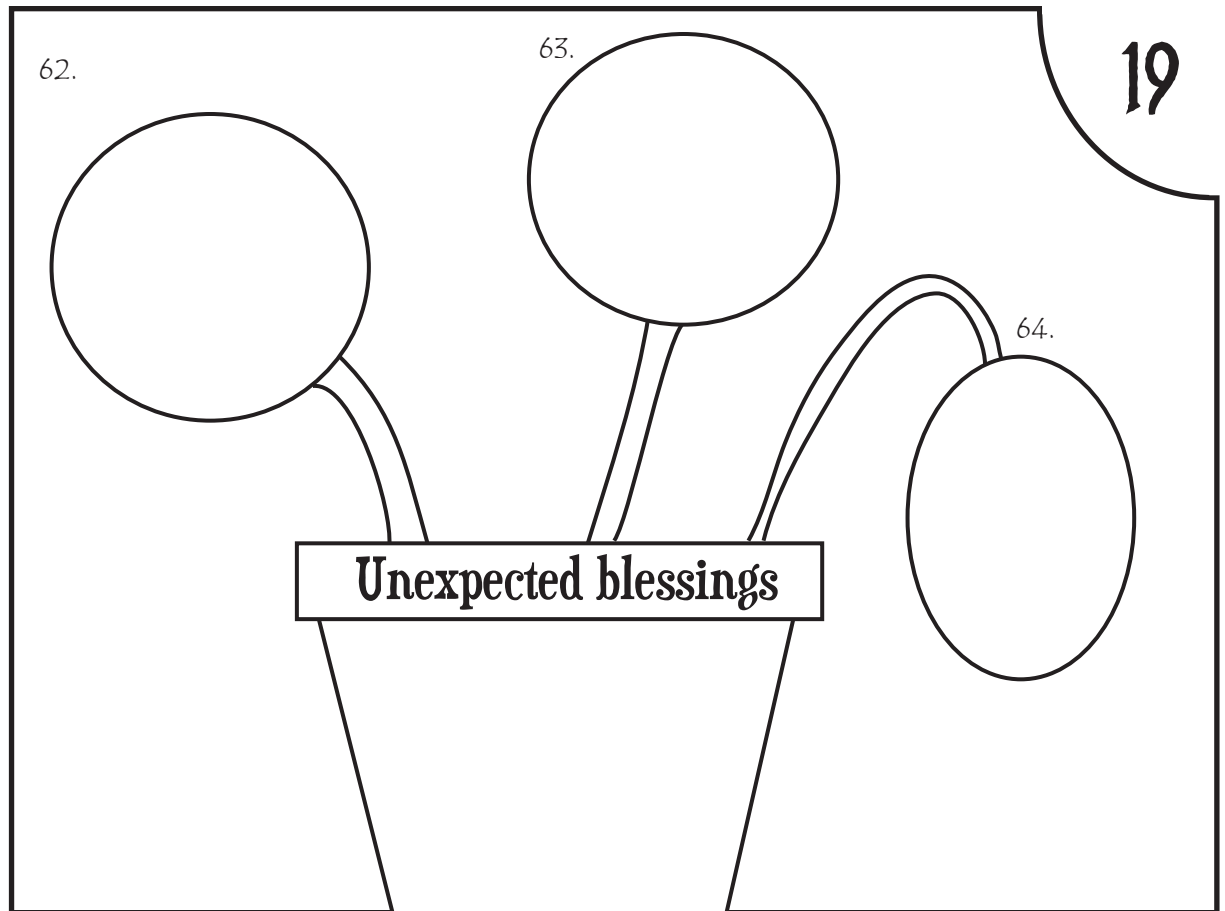
18



Draw three recent unexpected blessings, a visit from a friend, unexpected money, a kindness.... Don't forget to doodle up the flowers in the pot.



Draw three recent unexpected blessings, a visit from a friend, unexpected money, a kindness.... Don't forget to doodle up the flowers in the pot.



What three lessons learned would you share with someone who was asking for your best advice? Thank the Lord for teaching your these lessons.

Life Lessons

20

65.

66.

67.

Prov. 4:13 Hold onto instruction, do not let it go;
guard it well, it is your life.

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Life Lessons

20

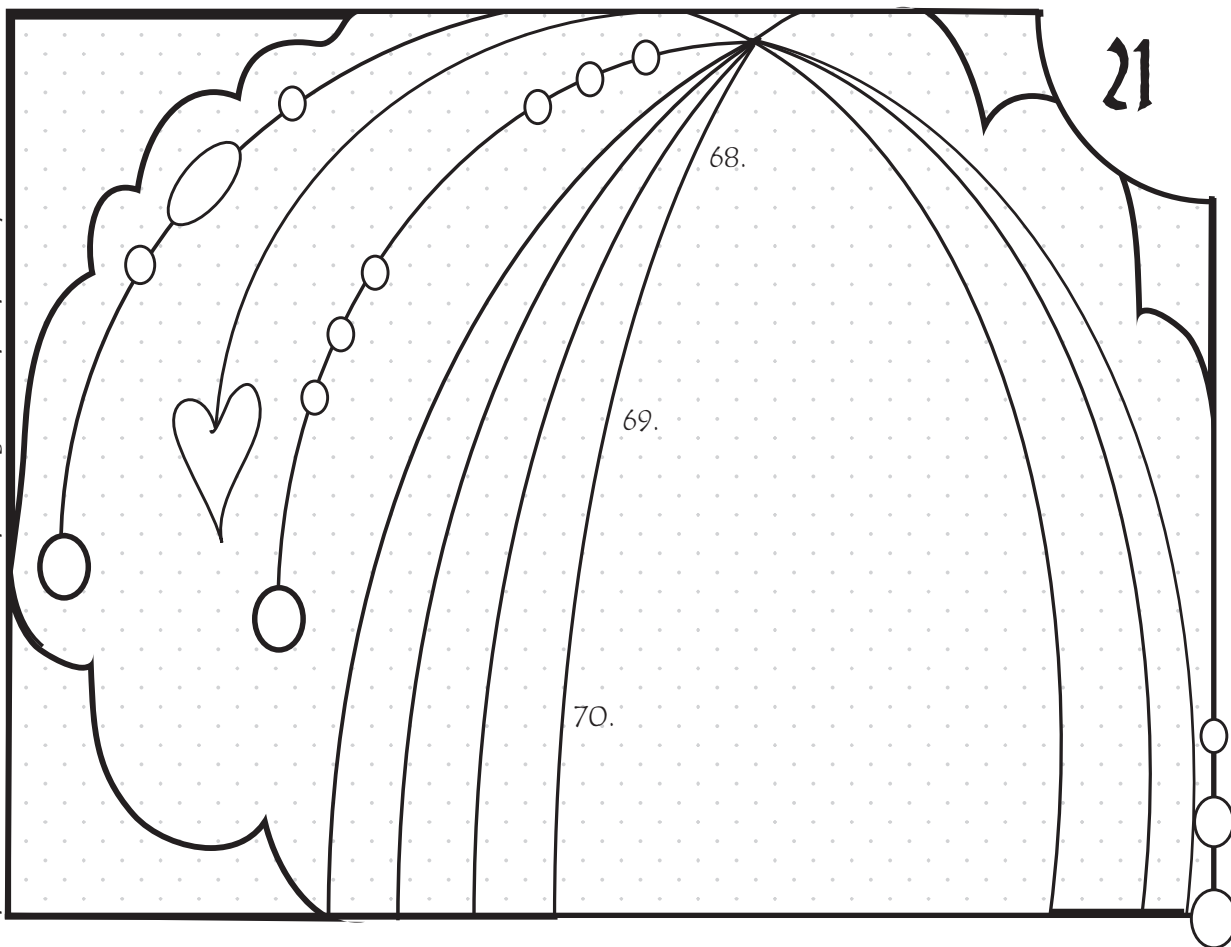
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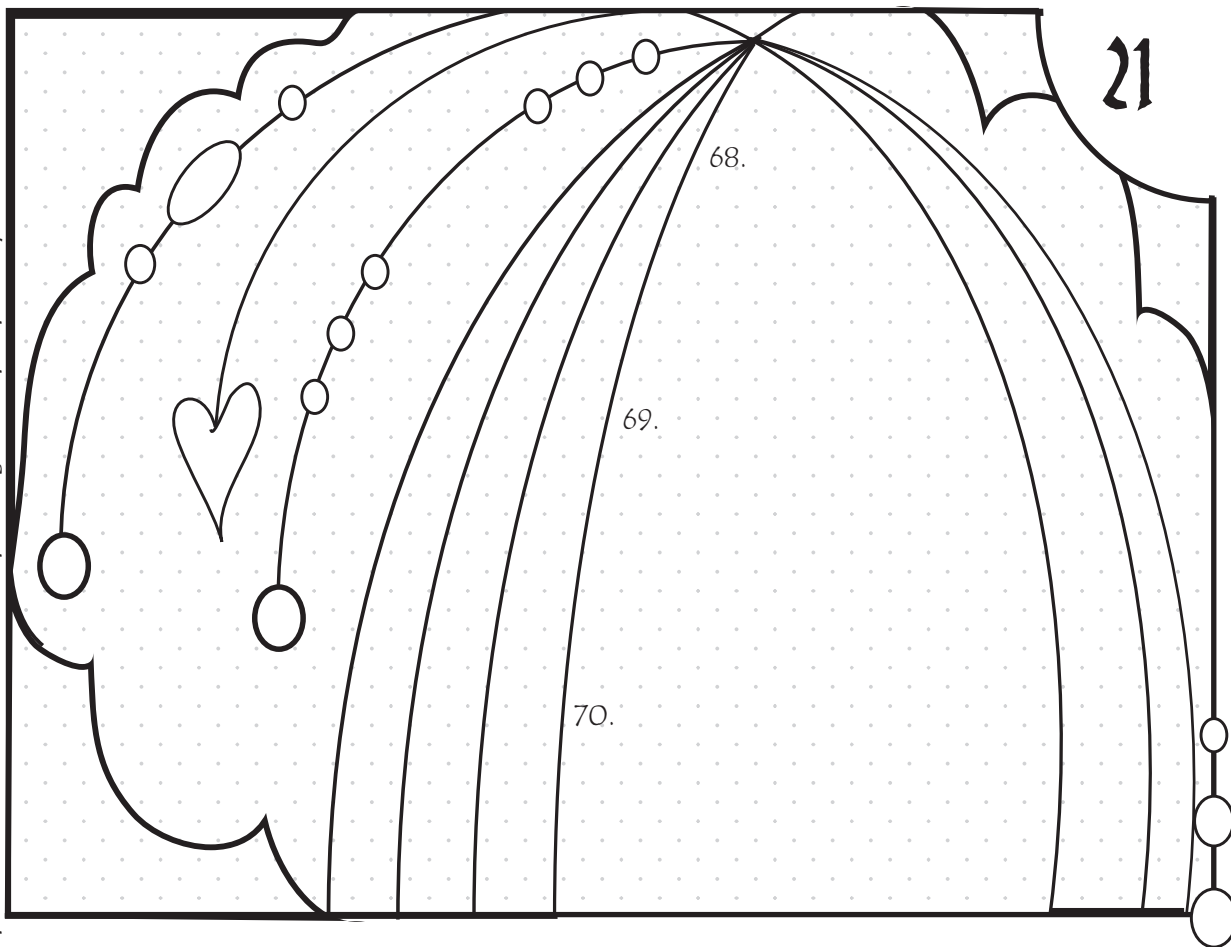
67.

Prov. 4:13 Hold onto instruction, do not let it go;
guard it well, it is your life.

Think about three people who have influenced your life. What effect did that have on your life? What blessing did you glean from each person? Thank the Lord for putting these people in your life.



Think about three people who have influenced your life. What effect did that have on your life? What blessing did you glean from each person? Thank the Lord for putting these people in your life.



Write about three times where you received financial blessings. Maybe it's your job, or a bonus or money came through for a bill you were worried about. Where have you seen God's gracious hand on your finances?



71.

72.

73.

Bring the whole tithe (10%) into the storehouse, that there may be food in My house. "Test me in this," says the Lord, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be enough room to store it. I will prevent the devourer from attacking your crops." Malachi 3:10.

22

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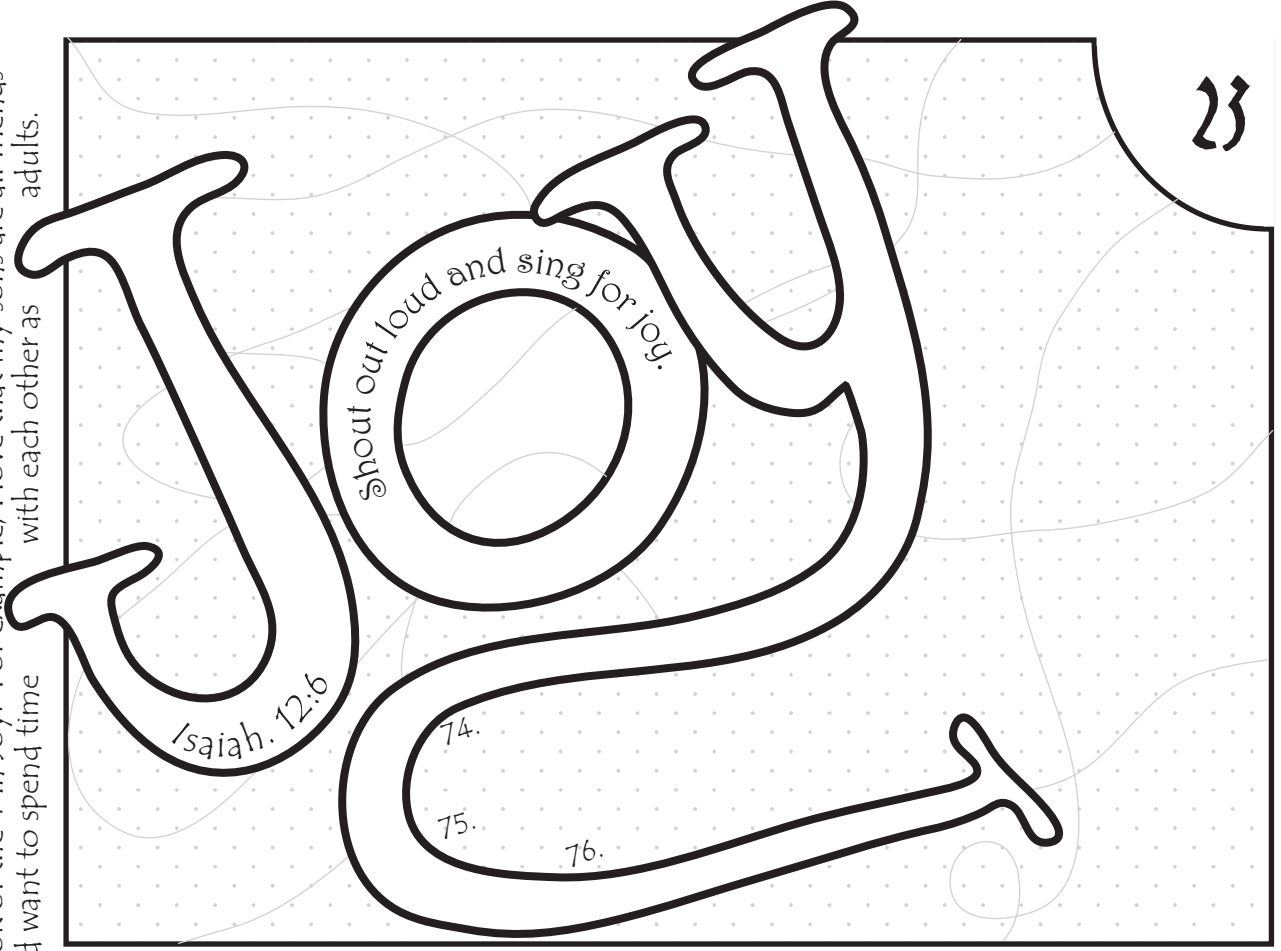
72.

73.

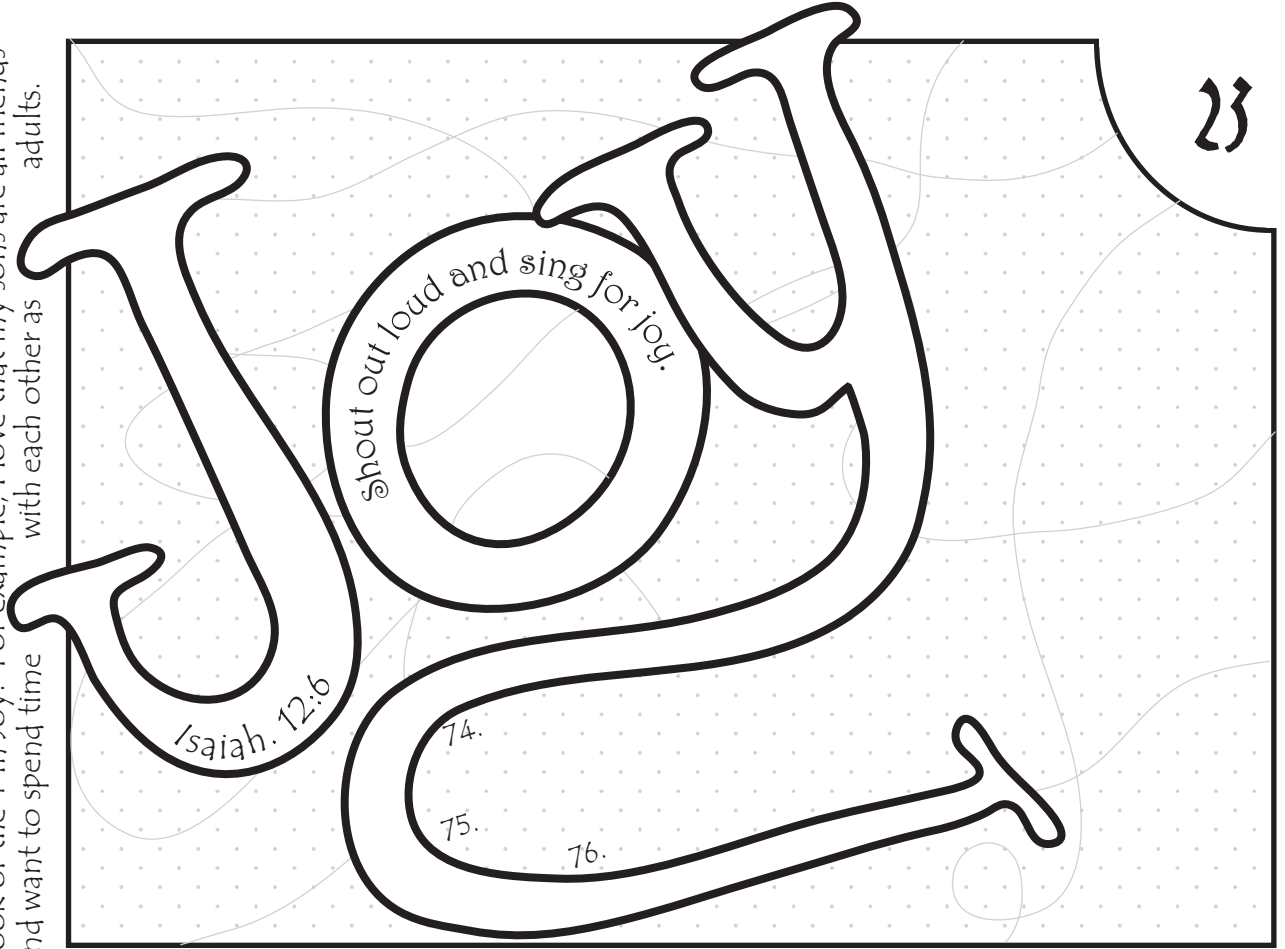
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22

Write about three things that bring you joy. Write about them in the hook of the Y in Joy. For example, I love that my sons are all friends and want to spend time with each other as adults.



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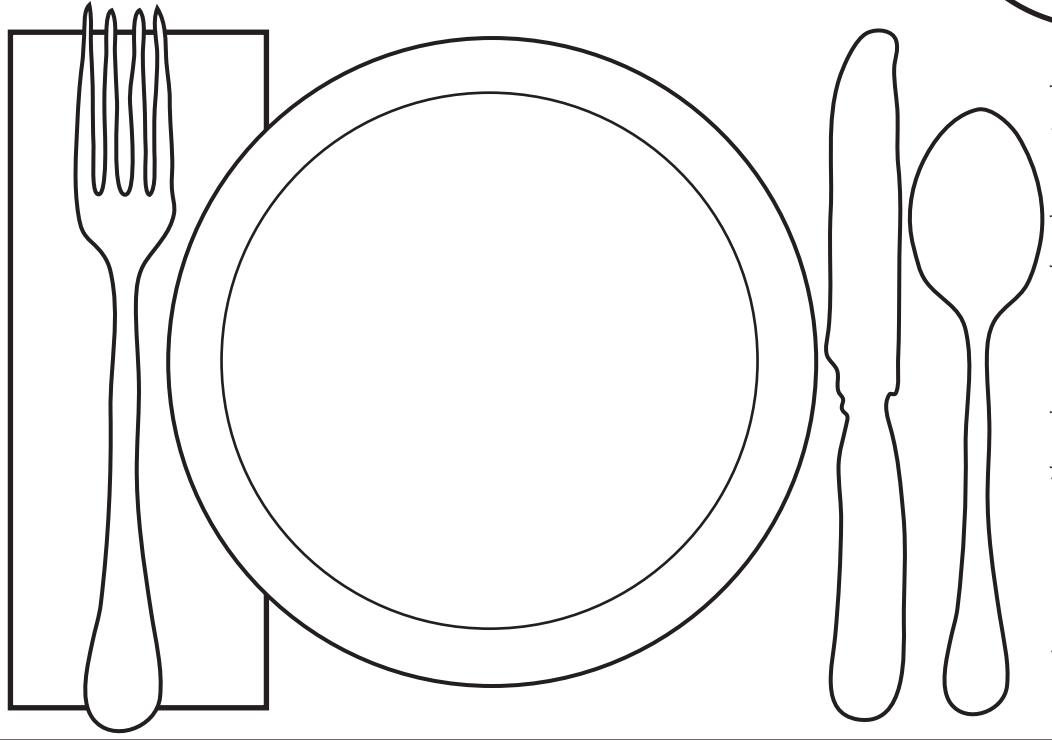


Draw a memorable meal on the plate and then journal around the plate who was there and why it was special.

A Memorable Meal

24

77.



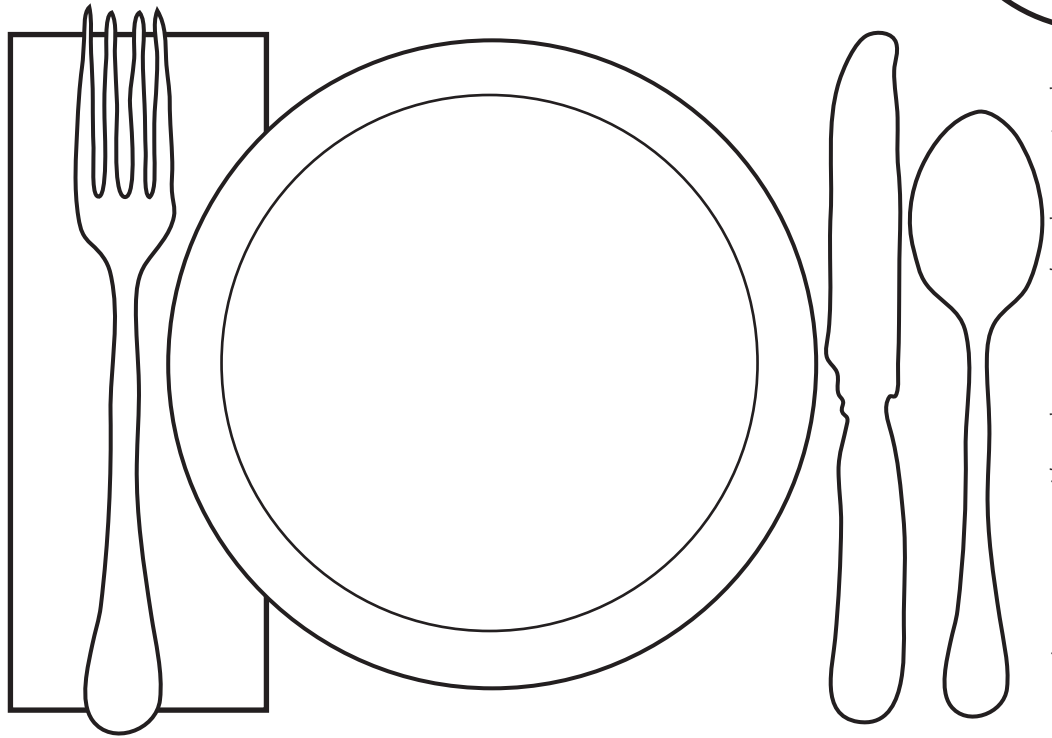
It is better to eat vegetables with someone you love than a steak with someone you dislike. Pr. 15:17

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A Memorable Meal

24

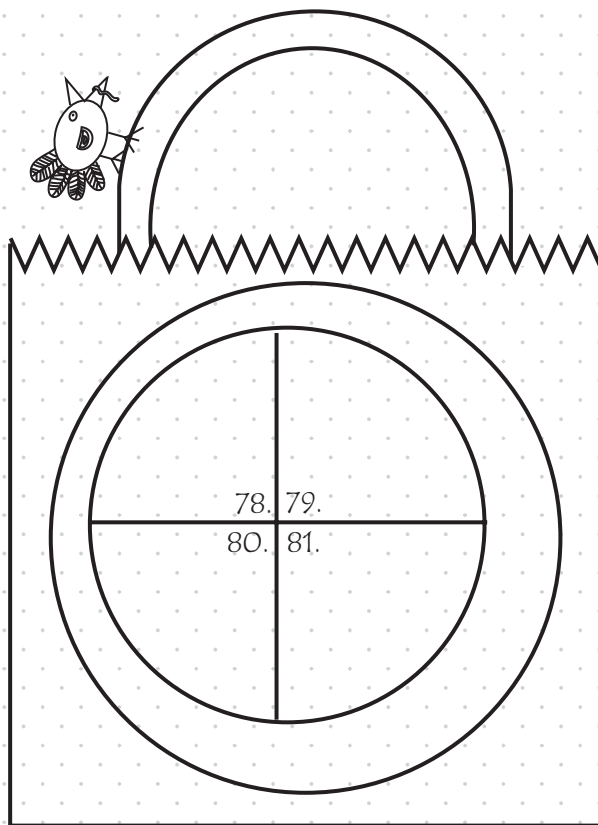
77.



It is better to eat vegetables with someone you love than a steak with someone you dislike. Pr. 15:17

Draw 4 things you recently purchased, remembering that even though you bought it, it's really a gift from God. Be thankful for having funds to buy the things you want and need.

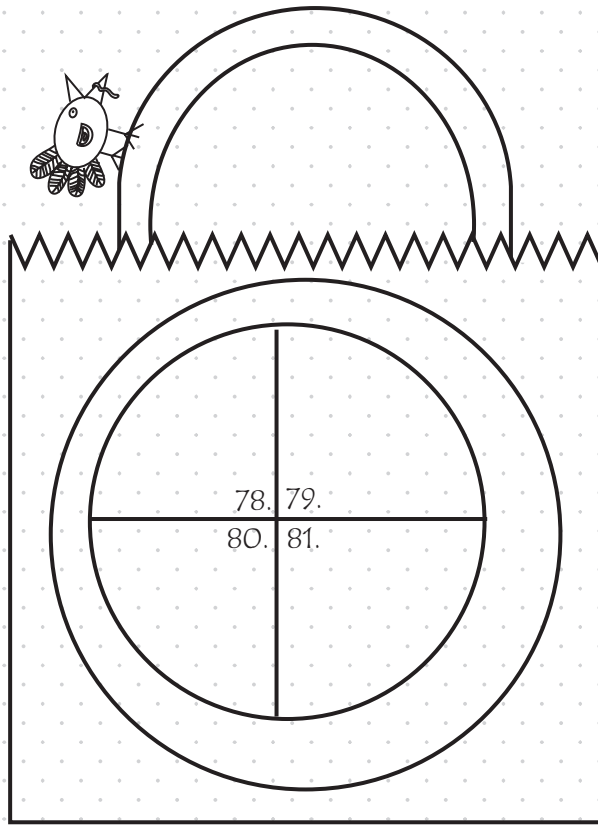
God gives you everything you need. 2 Thes. 1-2-12.



25

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God gives you everything you need. 2 Thes. 1-2-12.



25

Find three quotes that speak to you. Write the quotes here. Have fun with this by putting extra-large quotes around the words and then putting the quotes in a balloon or quote box.

““ My favorite quotes ””

26

82.

83

84.

85.

Teach me discernment and knowledge, for I believe in your commandments. Ps. 119:66

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We've covered a lot of things to be thankful for, but what are 6 other things that you are thankful for in your life? Draw them in the boxes and then label each box.

86.

87.

88.

89.

90.

91.

And don't forget these things....

27

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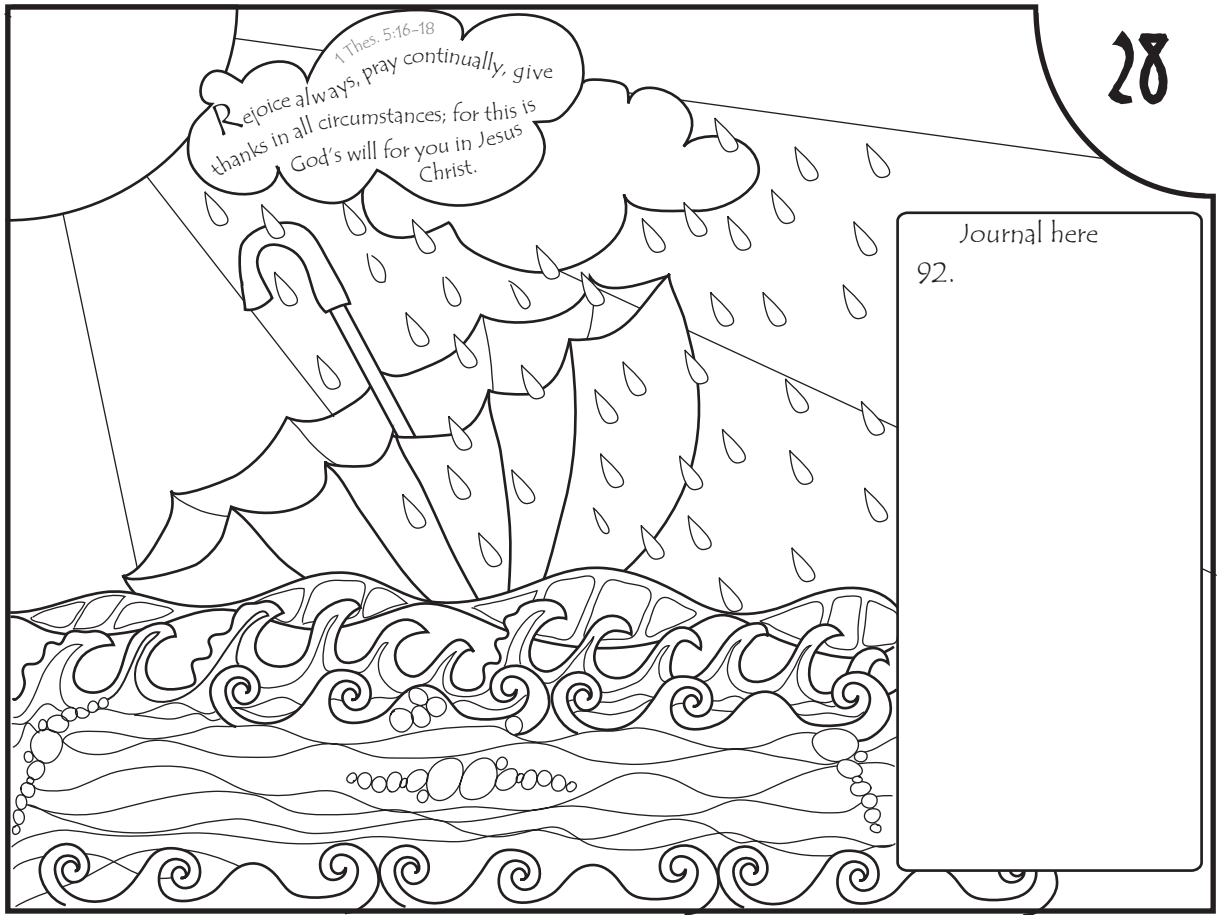
90.

91.

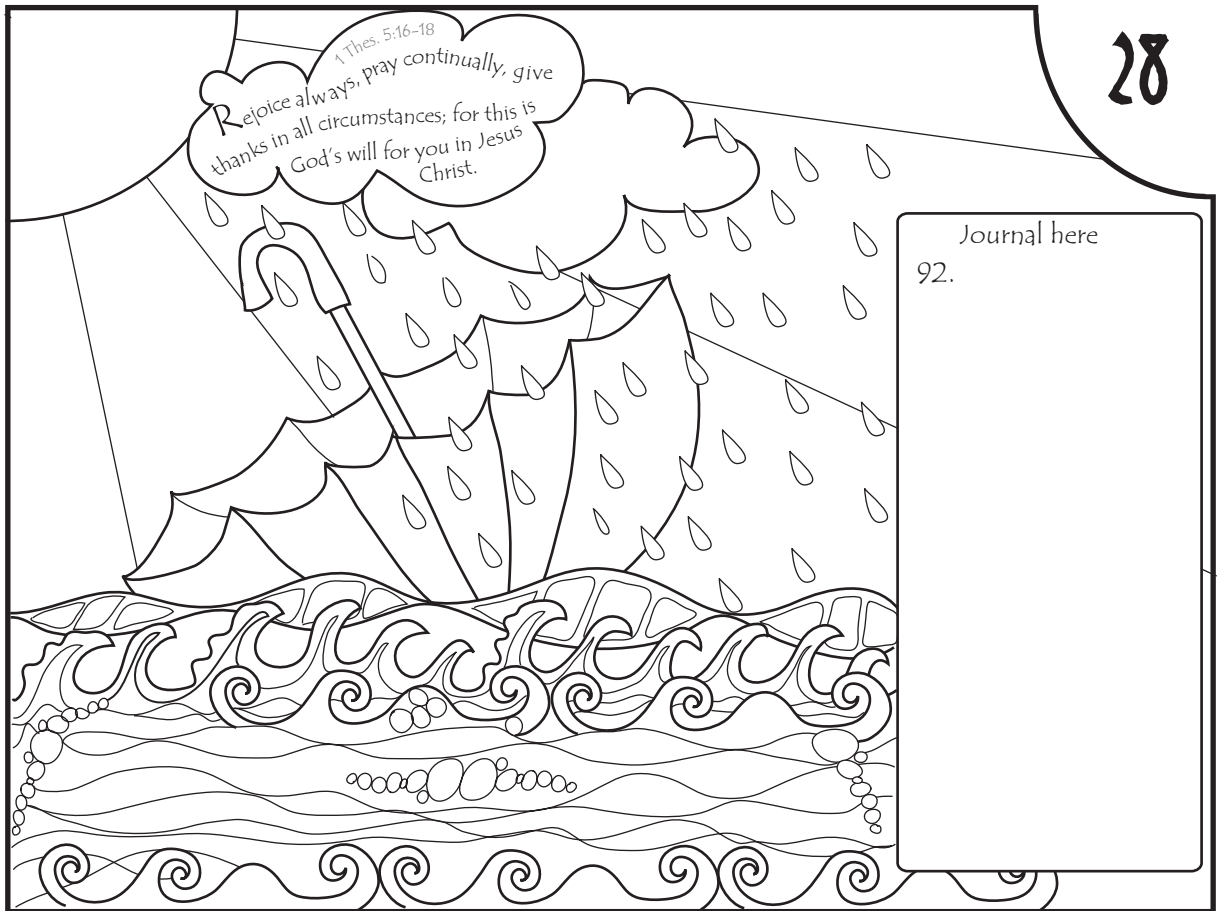
And don't forget these things....

27

Even in our trials, we are to rejoice. Write about a stormy time in your life and where you saw His gracious hand in your life (Neh 2:18).



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Draw 4 small pics in the gift box of special gifts that someone gave you. Doodle up the background.



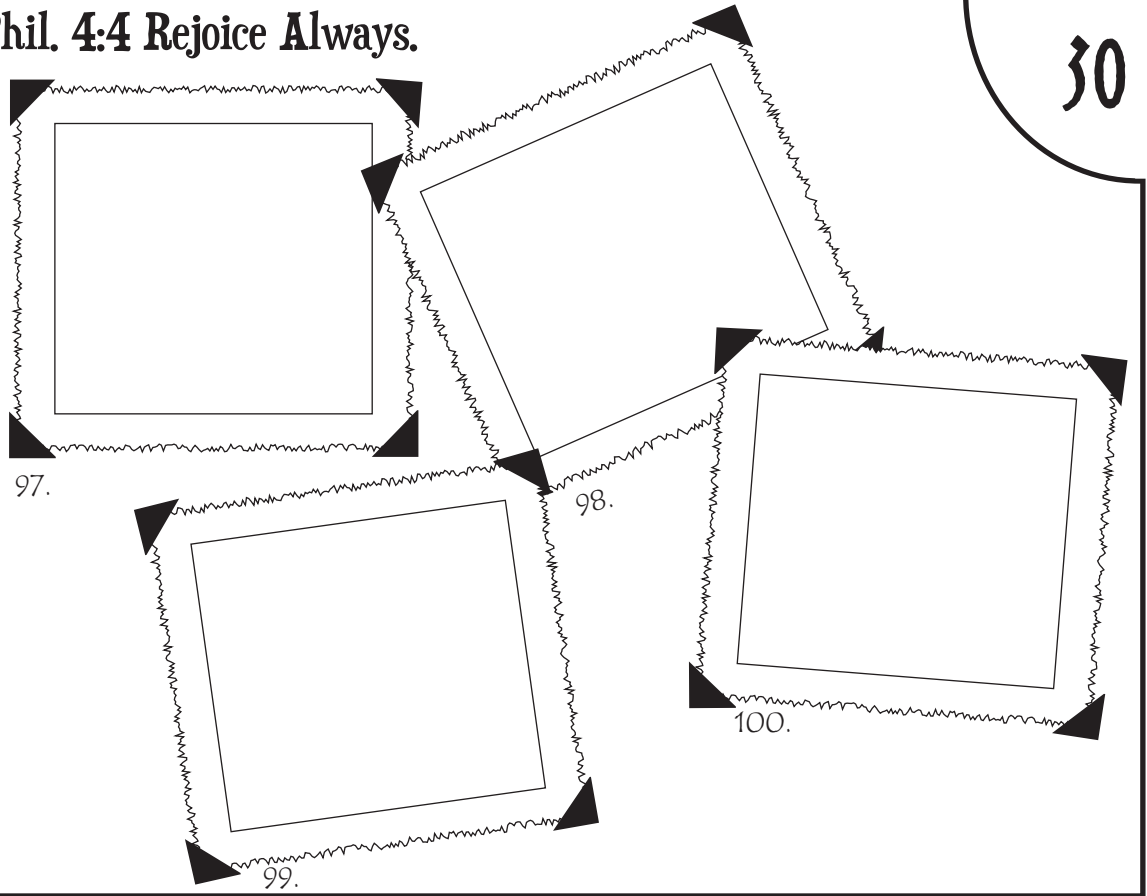
Draw 4 small pics in the gift box of special gifts that someone gave you. Doodle up the background.



Draw pics of 4 happy times in your life, and give the Lord thanks.
Doodle the background or journal around each picture.

Phil. 4:4 Rejoice Always.

30



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30

