We increase whatever we praise.
The whole creation responds to praise, and is glad.

~ Charles Fillmore
The number 40 has deep spiritual significance. It symbolizes all the time it takes for a transformation to occur and appears regularly in scriptural stories of transformation. Moses and the Israelites wandered for 40 years before they found the Promised Land. The Buddha sat under the Bodhi Tree for 40 days before enlightenment came to him. Jesus was tempted for 40 days before beginning his ministry.

This journal is to help you experience the transformative power of 40 through 40 days of gratitude. On each of the next days, find at least 10 reasons for which you are grateful. Your life truly is filled with blessings that often go unnoticed. As you open your eyes and give thanks for them, suddenly there are more! Be grateful not only for the blessings you receive (large and small), but also for the blessings you give. Be thankful for the blessings in the seeming challenges. And, even if you can’t see a blessing in the challenge, give thanks for it anyway, and the blessing will reveal itself!

Enjoy your journey of Transformation Through Gratitude.
Each morning I give thanks for all that I AM and all that I have. ~ Unknown

Day 39
1. __________________  6. __________________
2. __________________  7. __________________
3. __________________  8. __________________
4. __________________  9. __________________
5. __________________  10. __________________

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~ W.T. Purkiser

Day 40
1. __________________  6. __________________
2. __________________  7. __________________
3. __________________  8. __________________
4. __________________  9. __________________
5. __________________  10. __________________

God gave you a gift of 86,400 seconds today. Have you used one to say “thank you?” ~ William Ward

Day 1
1. __________________  6. __________________
2. __________________  7. __________________
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5. __________________  10. __________________

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It makes sense of our past, brings peace for today, and creates a vision for tomorrow. ~ Melody Beattie

Day 2
1. __________________  6. __________________
2. __________________  7. __________________
3. __________________  8. __________________
4. __________________  9. __________________
5. __________________  10. __________________
The real gift of gratitude is that the more grateful you are, the more present you become. ~ Robert Holden

Nothing is more honorable than a grateful heart. ~ Seneca

Gratitude is the open door to abundance ~ Unknown

Day 3

1. ________________ 6. ________________
2. ________________ 7. ________________
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Day 37

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Day 4

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Day 38

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Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~ William Arthur Ward
Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things. ~ Unknown

Day 35

1. __________________  6. __________________
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3. __________________  8. __________________
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5. __________________  10. __________________

Day 36

1. __________________  6. __________________
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5. __________________  10. __________________

You have no cause for anything but gratitude and joy. ~ The Buddha

Day 5

1. __________________  6. __________________
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5. __________________  10. __________________

It is not joy that makes us grateful; it is gratitude that makes us joyful. ~ Brother David Steindl-Rast

Day 6

1. __________________  6. __________________
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5. __________________  10. __________________

As we express Gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~ John F. Kennedy
There are no mistakes, no coincidences. All events are blessings given to us to learn from. ~ Elisabeth Kubler-Ross

There is a calmness to a life lived in gratitude, quiet joy. ~ Ralph H. Blum

When you are grateful, fear disappears and abundance appears.
~ Anthony Robbins

Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy. ~ Unknown

Day 7

1. __________________  6. __________________
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Day 8

1. __________________  6. __________________
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Day 33

1. __________________  6. __________________
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Day 34

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5. __________________  10. __________________
Day 31

1. ___________________ 6. ___________________
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4. ___________________ 9. ___________________
5. ___________________ 10. ___________________

Gratitude is the music of the heart, when its chords are swept by the breeze of kindness. ~ Unknown

Day 32

1. ___________________ 6. ___________________
2. ___________________ 7. ___________________
3. ___________________ 8. ___________________
4. ___________________ 9. ___________________
5. ___________________ 10. ___________________

Give thanks for a little and you will find a lot. ~ Hausa of Nigeria

Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings. ~ William Arthur Ward

Day 9

1. ___________________ 6. ___________________
2. ___________________ 7. ___________________
3. ___________________ 8. ___________________
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5. ___________________ 10. ___________________

If the only prayer you say in your life is “thank you”, that would suffice. ~ Meister Eckhart Tolle

Day 10

1. ___________________ 6. ___________________
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5. ___________________ 10. ___________________
Day 11

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Joy is the simplest form of gratitude. ~ Karl Barth

Day 12

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Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate or value into your life. ~ Christine Northrup, M.D.

Day 29

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Today I choose to live with gratitude for the love that fills my heart, the peace that rests within my spirit, and the voice of hope that says all things are possible. ~ Unknown

Day 30

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Wake at dawn with a winged heart and give thanks for another day of loving. ~ Rashaski
Day 27

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5. __________________  10. __________________

Day 28

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Day 13

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Day 14

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Day 15

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Happiness is itself a kind of gratitude. ~ Joseph Wood Krutch

Day 16

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I thank God for my handicaps for, through them, I have found myself, my work, and my God. ~ Helen Keller

Day 25

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When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere. ~ Unknown

Day 26

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Got no check books, got no banks. Still I’d like to express my thanks - I got the sun in the morning and the moon at night. ~ Irving Berlin
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When eating bamboo sprouts, remember the man who planted them. ~ *Chinese Proverb*

Gratitude brings warmth to the giver and the receiver alike. ~ *Robert D. Hales*

Always be thankful for each other. ~ *Unknown*

We often take for granted the very things that most deserve our gratitude. ~ *Cynthia Ozick*

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A thankful heart is not only the greatest virtue, but the parent of all the other virtues. \textit{\textasciitilde Cicero}

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. \textit{\textasciitilde Albert Einstein}

The struggle ends when gratitude begins. \textit{\textasciitilde Neale Donald Walsh}

If a fellow isn’t thankful for what he’s got, he isn’t likely to be thankful for what he’s going to get. \textit{\textasciitilde Frank A. Clark}