In everything give thanks. An attitude of gratitude is most salutary and bespeaks the realization that we are already in heaven. ~ Ernest Holmes

We increase our vitality by blessing and giving thanks in Spirit. ~ Charles Fillmore

Transformation
Through

Gratitude
A 40 Day Journey
2016

Gratitude is absolutely the way to bring more into your life.
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.*
Day 39 - November 22

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 - November 23

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 - October 15

1. ______________  6. ______________
2. ______________  7. ______________
3. ______________  8. ______________
4. ______________  9. ______________
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 - October 16

1. ______________  6. ______________
2. ______________  7. ______________
3. ______________  8. ______________
4. ______________  9. ______________
5. ______________ 10. ______________
Day 3 - October 17

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

Gratitude is the open door to abundance ~ Unknown

Day 4 - October 18

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

Day 37 - November 20

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

Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~ William Arthur Ward

Day 38 - November 21

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

Nothing is more honorable than a grateful heart. ~ Seneca
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. \textit{~Unknown}

Day 35 - November 18

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

You have no cause for anything but gratitude and joy. \textit{~The Buddha}

Day 36 - November 19

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

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

Day 5 - October 19

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

As we express Gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. \textit{~John F. Kennedy}

Day 6 - October 20

1. __________________  6. __________________
2. __________________  7. __________________
3. __________________  8. __________________
4. __________________  9. __________________
5. __________________  10. __________________
When you are grateful, fear disappears and abundance appears.
~ Anthony Robbins

There are no mistakes, no coincidences. All events are blessings given to us to learn from. ~ Elisabeth Kubler-Ross

Day 7 - October 21
1. ________________  
2. ________________  
3. ________________  
4. ________________  
5. ________________

6. ________________
7. ________________
8. ________________
9. ________________
10. ________________

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

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

Day 33 - November 16
1. ________________  
2. ________________  
3. ________________  
4. ________________  
5. ________________

6. ________________
7. ________________
8. ________________
9. ________________
10. ________________

Day 8 - October 22
1. ________________  
2. ________________  
3. ________________  
4. ________________  
5. ________________

6. ________________
7. ________________
8. ________________
9. ________________
10. ________________

Day 34 - November 17
1. ________________  
2. ________________  
3. ________________  
4. ________________  
5. ________________

6. ________________
7. ________________
8. ________________
9. ________________
10. ________________
Gratitude is the music of the heart, when its chords are swept by the breeze of kindness. ~ Unknown

Day 31 - November 14

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

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

Day 32 - November 15

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

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

Day 10 - October 24

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

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

Day 9 - October 23

1. ___________________ 6. ___________________
2. ___________________ 7. ___________________
3. ___________________ 8. ___________________
4. ___________________ 9. ___________________
5. ___________________ 10. ___________________
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 12 - October 26

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

Joy is the simplest form of gratitude. ~ Karl Barth

Day 29 - November 12

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

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 11 - October 25

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

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

Day 30 - November 13

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

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.
The way to move out of judgment is to move into gratitude.
~ Neale Donald Walsh

Day 27 - November 10

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

Gratitude is riches. Complaint is poverty. ~ Doris Day

Day 13 - October 27

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

If you want to turn your life around, try thankfulness. It will change your life mightily. ~ Gerald Good

Day 28 - November 11

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

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. ~ G.K. Chesterson

Day 14 - October 28

1. __________________ 6. __________________
2. __________________ 7. __________________
3. __________________ 8. __________________
4. __________________ 9. __________________
5. __________________ 10. __________________
Happiness is itself a kind of gratitude.  ~ Joseph Wood Krutch

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

Day 15 - October 29

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

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

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

Day 16 - October 30

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

Thank God

Day 25 - November 8

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

Day 26 - November 9

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

Irving Berlin
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

Day 23 - November 6

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

When eating bamboo sprouts, remember the man who planted them. ~ Chinese Proverb

Always be thankful for each other. ~ Unknown

Day 17 - October 31

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

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

Day 24 - November 7

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

Day 18 - November 1

1. ________________ 6. ________________
2. ________________ 7. ________________
3. ________________ 8. ________________
4. ________________ 9. ________________
5. ________________ 10. ________________
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. ~ Albert Einstein

The struggle ends when gratitude begins. ~ Neale Donald Walsh

Day 19 - November 2

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

Day 20 - November 3

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

A thankful heart is not only the greatest virtue, but the parent of all the other virtues. ~ Cicero

Day 21 - November 4

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

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. ~ Frank A. Clark

Day 22 - November 5

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