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

~ Charles Fillmore

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

Gratitude is absolutely the way to bring more into your life.

Gratitude
A 40 Day Journey
2016
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. ________________  
2. ________________  
3. ________________  
4. ________________  
5. ________________  

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

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

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

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

Day 4 - October 18

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

Day 3 - October 17

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

Day 37 - November 20

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

Day 38 - November 21

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

Gratitude is the open door to abundance ~ Unknown

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 - November 18

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

You have no cause for anything but gratitude and joy. ~ 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. ~ 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. ~ John F. Kennedy

Day 6 - October 20

1. ________________ 6. ________________
2. ________________ 7. ________________
3. ________________ 8. ________________
4. ________________ 9. ________________
5. ________________ 10. ________________
There are no mistakes, no coincidences. All events are blessings given to us to learn from. ~ Elisabeth Kübler-Ross

Day 7 - October 21

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

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

Day 8 - October 22

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

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

Day 34 - November 17

1. ___________________ 6. ___________________
2. ___________________ 7. ___________________
3. ___________________ 8. ___________________
4. ___________________ 9. ___________________
5. ___________________ 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 9 - October 23

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 10 - October 24

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.

Joy is the simplest form of gratitude. ~ Karl Barth

Day 11 - October 25

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

Day 12 - October 26

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

Feelings 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.

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 29 - November 12

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. __________________
Day 27 - November 10

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

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

Day 13 - October 27

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 28 - November 11

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

Gratitude is riches. Complaint is poverty. ~ Doris Day

Day 14 - October 28

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

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. ________________

Day 16 - October 30

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

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. ________________

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
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

Day 23 - November 6

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

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. _____________

We often take for granted the very things that most deserve our gratitude. ~ Cynthia Ozick
A thankful heart is not only the greatest virtue, but the parent of all the other virtues. ~ 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. ~ Albert Einstein

The struggle ends when gratitude begins. ~ 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. ~ Frank A. Clark