

30 Days To Gratitude

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How to Use This Workbook

Each day I have provided you with a quote that pertains to happiness, kindness or gratitude.

Act of Kindness: Be sure to record what kind deed or word you put out into the universe for the day!

Gratitude: List 3 things that you are grateful for that day. If it's one of those days it can be as simple as 'I'm grateful I woke up today.'

Beginning

“Gratitude is not only the greatest of virtues, but the parent of all of the others.”- Cicero

For many people it's difficult to find happiness in their lives because they never learn how to appreciate what they already have.

Instead they are always focusing on what they want to have, or what they think they need to find happiness - but often times happiness is about paying attention to the good things that are already happening all around us.

Psychology research is clear that gratitude plays an essential role in our physical and mental health. It can minimize stress, depression, and loneliness, while also improving our self-esteem, relationships, motivation, and overall life satisfaction. This simple 30-day workbook is designed to help you improve gratitude in your own life.

Each exercise takes no more than 5 minutes a day, but by the end of it you'll have a much richer appreciation for your life. I recommend you continue to build off of these tools and exercises into the future.

[Some evidence that it works](#)

[The assessment of gratitude.](#)

[Counting blessings versus burdens: an experimental investigation of gratitude and subjective well-being in daily life.](#)

[Gratitude as a human strength](#)

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DAY 1

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” — Albert Schweitzer

Take a couple of minutes and mentally express gratitude for waking up alive and healthy. This day is dedicated to awakening. Awakening to your life. Settle into your special 5 minutes and take a couple of deep breaths. As you settle, open your eyes and look around. What do you see? Do not label or think about what you see, but feel the miracle of the sights in front of you. As you look around, imagine you are a newborn child, with no names for the things you see, so you simply look with awe at everything.

Act of Kindness:

Gratitude:

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- 3.

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DAY 2

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melody Beattie

Thank all the negative events & things in life. Write about how they helped you become a stronger & wiser person. Best time to do this task: Before going to bed (or) immediately after waking up in the morning.

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DAY 3

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” — G. K. Chesterton

Who is the person that immediately comes to mind when you think about being helped through a depression or a rough spot? Find two candles. One to light as you meditate on the sparks you have received that made a difference to you and the second as a gift for someone who you know is having a difficult time. Make it your mission today to get your second candle to that person. That one you know needs a little lift. You know the one. And whether you mail it, send it by special delivery or hand carry it, add a note of encouragement and gratitude for that person

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DAY 4

"The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it." Michael Josephson

Don't judge any person or event for the entire day. Thank anything that this day gives you.

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DAY 5

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust

Close your eyes and “scan” your body. List every part of your body that functions well and is free from discomfort. We know that what we focus on increases. This is as true for our health as it is for other areas of our life. Especially when we feel less than healthy, we can relieve stress and rekindle a more balanced thought pattern regarding our overall health by focusing on what feels good. So today...

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DAY 6

“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.” — Sarah Ban Breathnach

Appreciate yourself for your unique skills and good qualities that make you lovable.

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DAY 7

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” — Thornton Wilder

The wheel of good fortune and peace turns on our ability to love others and ourselves. Today is an exercise in gratitude that will help you recognize the power of a simple “thank you”. We love others as we use this meditation time to choose 3 things we will give away. Center yourself in gratitude for all you possess and choose 3 things that are meaningful to you. The first step is choosing. The second step is breathing and releasing your choice into the universe. You may choose to give each thing to someone you know, or give it to a stranger. Allow your spirit to guide you in this throughout the day

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DAY 8

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” — William Arthur Ward

It is easy to thank someone who has been of service to you or someone who has given you a gift. Today, we go deeper with our gratitude. Look for ways to appreciate everyone with whom you are in contact. Find an appropriate way to say thank you or express gratitude to every person with whom you speak or interact today.

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DAY 9

“Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.” — Marcus Aurelius

Write 5 things you are grateful for.

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DAY 10

“Real life isn’t always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties.” — Sarah Ban Breathnach

Think of the support that came while you were helpless and take time to thank each one mentally.

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DAY 11

“Can you see the holiness in those things you take for granted—a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” — Rabbi Harold Kushner

Humor alleviates misery. It is impossible to be amused and depressed at the same time. Our gratitude exercise today focuses on humor. Take 5 minutes to find a humorous joke online and print it out to share. Or find a comedy skit to enjoy and pass along. Today, take a moment to enjoy some humor, then give thanks for the humor in your life and share a piece of it with someone else.

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DAY 12

We can be thankful to a friend for a few acres or a little money; and yet for the freedom and command of the whole earth, and for the great benefits of our being, our life, health, and reason, we look upon ourselves as under no obligation.” — Marcus Annaeus Seneca

Write out a list of all of the people who love you. Close your eyes and visualize them gathered in a circle around you. Add to the circle all of those people who have loved you throughout your life time. Sense, see or feel their love as it radiates to you. As you visualize each person in your circle, give a personal “thank you” to each one.

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DAY 13

When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer.” — Wilferd A. Peterson

Take a few minutes out of your busy schedule and sincerely pray for world peace.

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DAY 14

“Whatever our individual troubles and challenges may be, it’s important to pause every now and then to appreciate all that we have, on every level. We need to literally “count our blessings,” give thanks for them, allow ourselves to enjoy them, and relish the experience of prosperity we already have.” — Shakti Gawain

Take a minute to thank the internet connection and gadgets (like phone, laptop) you have. Journal about the comfort technology has brought to our lives.

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DAY 15

“(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.” — A.H. Maslow

Thank all the trees in the environment for their countless gifts that help you survive.

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DAY 16

“What if you gave someone a gift, and they neglected to thank you for it-would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.” — Ralph Marston

Write a Thank you note to any of your favorite author. (Even if you don't send them the note).

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DAY 17

“The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.” — Henry Miller

Today we give thanks for all the escapes we have had over the years. Sometimes gratitude comes in those moments when we realize we have been spared misery. Today as you breathe into this time for yourself, we ask that you remember the “escapes”. Those “near misses”, those “fortunate coincidences” and those “divine interventions”. As you meditate upon these “escapes” try to see how many you can remember during the next 5 minutes and silently give thanks for each one as it crosses your mind.

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DAY 18

“Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy — because we will always want to have something else or something more.” — Brother David Steindl-Rast

At the end of the day, make a list of 15 (or more) things that went right in your day, no matter how big or small. There are hundreds! A small thing might be “My alarm clock sounded just as I had planned”, or “The waiter got my order just right”, or “There was plenty of hot water for my lovely shower.”

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DAY 19

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.” — Denis Waitley

Be Thankful for your partner (& your ex). Romantic relationships can teach a lot. Journal about what lessons you've learnt from those relationships.

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DAY 20

“As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.” — Adabella Radici

Journal about how immensely your five senses help you live a rich, happy and an amazing life.

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DAY 21

“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.”

– Ralph Waldo Emerson

Teacher Write a note to one of your teachers. It can be a teacher from years ago when you were a child, a teacher in your Sunday School class, your fitness instructor, your child or a friend who helped you learn a life lesson. Send a note today to say thank you

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DAY 22

“But the value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are.”
— Wallace Wattles

Today, we share our great good fortune with our social networks. Post a gratitude blast on Facebook, Twitter or any other social media. Or post your gratitude thought on all of them. Compose a sentence or two that reflects your growing gratitude for the life you have, the people you know, or the good someone in the world is doing. Find something good and share it with your network

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DAY 23

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” — Rabbi Harold Kushner

Take a couple of minutes and mentally express gratitude for waking up alive and healthy.

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DAY 24

“Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.” — Albert Schweitzer

Thank all the negative events & things in life. Write about how they helped you become a stronger & wiser person.

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DAY 25

“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some.” — Charles Dickens

Write down every step you can imagine that it takes for the food that you eat today to arrive in your home to nourish you. Count the number of individuals (from farm, to store, to table) who are employed and/or touch your life to make this occur. Pause for a moment before you dine and give thanks. This is a great meditation to share with children and family members as we reconnect to the miracle of abundant food

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DAY 26

“Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude.” — Wallace Wattles

Write down 5 things that you have taken for granted. And mentally express your gratitude to those things.

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DAY 27

“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.” — Buddha

Don’t judge any person or event for the entire day. Thank anything that this day gives you.

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DAY 28

“There is a law of gratitude, and it is . . . the natural principle that action and reaction are always equal and in opposite directions. The grateful outreaching of your mind in thankful praise to supreme intelligence is a liberation or expenditure of force. It cannot fail to reach that to which it is addressed, and the reaction is an instantaneous movement toward you.” — Wally Wattles

Journal about your parents’ unconditional love for you & the priceless things they gave all your life.

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DAY 29

“Gratitude should not be just a reaction to getting what you want, but an all-the-time gratitude, the kind where you notice the little things and where you constantly look for the good, even in unpleasant situations. Start bringing gratitude to your experiences, instead of waiting for a positive experience in order to feel grateful.” — Marelisa Fábrega

Gratitude requires us to slow down, to pause, and to reflect. In the silence, even if it only lasts a moment, we can recognize the miracle of our life. We connect with our essence when we pause. So today take a moment to pause in gratitude. As you dedicate 5 minutes to this exercise, allow yourself to be completely present, completely here now. Begin by breathing deeply and settling into your chair. Close your eyes and feel the miracle of life

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DAY 30

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts." Henri Frederic Amiel

Write 5 things you are grateful for

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30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days to Happiness](#): Learn how to live in the present moment and experience true, long lasting happiness, in under 5 minutes

[30 Days of Meditation](#): How to Meditate Deeply – Meditation Techniques to Relieve Anxiety & Improve Your Health in 5 Minutes

[30 Days to Freedom](#): Learn how to always overcome resistance, take action, succeed every day, and make changes that last.

[30 Days of Affirmation](#): Learn Affirmations to Achieve Success, Self-Motivation and Confidence in Your Life

Also you can enjoy our [inspirational blog post](#).

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About the Author

Deniz Yalım is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

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