

Day 26

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Day 27

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Day 28

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Day 29

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Day 30

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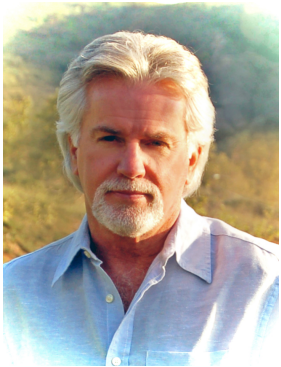
For all of these blessings in  
my life, I am eternally grateful

Mindfulness Practices Dedicated To Building  
An Attitude Of Gratitude As A Way Of Life



30 Days Of Conscious  
**Gratitude**

# The Power Of Gratitude



“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

~ Melody Beattie

I never cease to be amazed at how often people tend to focus on what they *don't* have in life rather than the incredible good they *do* have. An attitude of gratitude automatically brings with it a shift in consciousness which says: *I am open to receiving with a grateful heart.*

There are actually several facets to authentic gratitude: When we *receive* good in our lives we can and ought to feel grateful. A more subtle type of gratitude can also be deeply felt when we *give* of our good to others. In these times of great challenge in our world, there could be no better opportunity to practice an “attitude of gratitude” in our giving and receiving. We have the opportunity to reflect upon the good in our lives regardless of how empty we might determine our glass to be and remember Saint Paul’s words: “In all things, give thanks.” If we look deeply enough we will find blessings even in things and events that on the surface we might tend to judge as negative.

I invite you to use this Journal for the next thirty days. Each day list three things for which you are grateful, from the tangible to the intangible (the gift of life, a non-toothache day and so on). At the beginning of each subsequent day begin by reading what you have written from Day 1 of your Journal and then add three *new* things to the list for the current day. You will discover that at the end of thirty days you will have deeply seeded within your consciousness the good already existing in your life and the seeds for new and expanded good in your future. Always remember, the Universe conspires for your good. It’s up to you to enter into the flow to receive that good. May you always remember that conscious gratitude is an essential key to activating abundance in every area of your life.

Peace, Dennis

Everywhere I look I  
discover life’s blessings  
and I am grateful

Day 21

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Day 22

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Day 23

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Day 24

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Day 25

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Day 16

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Day 17

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Day 18

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Day 19

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Day 20

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*I give as I do receive,  
freely and abundantly*

*It is with heartfelt gratitude that I create  
this list. I give thanks for the following  
blessings in my life, knowing I am one with  
the Source from whence they come.*

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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The abundance of life  
is mine to share with all

Day 6

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Day 7

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Day 8

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Day 9

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Day 10

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Day 11

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Day 12

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Day 13

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Day 14

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Day 15

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I am an open and receptive vessel  
through which all good flows