



21 Days of Gratitude

Returning to a Grateful Heart

LovePeriod.com

Any time someone remembers their true nature is love it is awesome. For love is not exclusive to anyone, but inclusive of everyone. For love, simply loves...period.
In all things, put love first. ♥

Attitude of Gratitude - Day 1

I dedicated the next 21 days to the power of gratitude. “21 Days of Gratitude” is a spiritual practice that supports me in looking for and finding the blessings in my life. My life is filled with blessings that often go unnoticed. Each day I will open my eyes to see the rich blessings of God. With a grateful heart, I freely give, and I abundantly receive God’s blessings. My life is richly blessed and made new with my “Attitude of Gratitude”.

Right now think of ten things for which I AM grateful. Make a list and affirm each one, "Thank you God for _____."

Throughout the day, I will keep the high watch and see how many things there are for which I am grateful.

Before the sun sets, I will silently say "Thank you God for _____" at least 100 times.

In all things, I AM greatly blessed. Thank you God.

DAILY GRATITUDE LIST

Choose Gratitude - Day 2

I Am Thankful for the Power of Choice

Each day we make thousands of choices about our thoughts, our feelings and our actions. Each choice produces it's own consequences and reaction.

Today choose thankful living. No matter what happens today, choose gratitude. If everything goes your way, choose gratitude. If everything looks as though it is falling apart, choose gratitude.

Gratitude is the most powerful choice that one can make. Through the power of gratitude, we open a space to see God in all the details of our life. When we choose gratitude, the consequence is always a greater experience of God.

DAILY GRATITUDE LIST

Grateful I can Let Go and Let God - Day 3

I Am Thankful for the Ability to Let Go

Have you ever held on to something that actually made your hands hurt? Our bodies are amazing. They can only hold something hot for a very short time before we let go.

Sometimes our souls can hold on to painful things for months and years even though we have the ability to let go at any point.

Today I give thanks for the ability to let go. I don't need to hold on to the pain of the past. I give all the pain to God and I am set free!

DAILY GRATITUDE LIST

Grateful for Forgiveness - Day 4

I Am Thankful for Power to Forgive

Today, celebrate "Forgiveness Day". Today, everyone is forgiven for everything that they have ever done. Through the power of thankful living, I realize how richly blessed I am, So I want to give a gift to the world.

My gift is that everyone is forgiven. No matter what they have done, I forgive them. Whether it was two minutes ago or twenty years ago, I forgive them. As I give the gift of forgiveness, I am set free.

Forgiveness Day also applies to me. I am forgiven for everything that I have ever done that has harmed another. I am forgiven for every little thing and every big thing. Today, I celebrate forgiveness and I am set free.

DAILY GRATITUDE LIST

Grateful for Everyone - Day 5

I Am Thankful for People

What would our world be like without people? Can you imagine living without the people you love and depend on? What would it be like not to have the people who entertain, inspire, educate, and even annoy us from time to time?

One of the simplest ways to live our lives is to simply say "Thank you God." Today we simply say, "Thank you God for everyone." We say, "Thank you God" for strangers, co-workers, loved ones, people we depend on, and even people who annoy us. As we give thanks we realize that each person is truly a blessing.

DAILY GRATITUDE LIST

Grateful for Nature - Day 6

I Am Thankful for Nature

Nature can be a powerful reminder of the activity of God. In the movement of the sky, the changing of the seasons or in the beauty of a sunset, we can see God at work. Even when nature seems dormant there is still activity going on to prepare for the new life that will come in the spring.

Today spend some time in nature. Go for a walk and see the movement of nature all around you. See if you can truly appreciate the power of nature. The same Spirit of God that moves through nature moves through you now.

DAILY GRATITUDE LIST

Grateful for Time - Day 7

*I Am Thankful for All the Time
to Do What Is Mine to Do*

Can you use an extra hour each day? There is a simple way to make time expand for you. It is to appreciate and enjoy the present moment.

If at any time today you feel rushed, close your eyes and say, "Thank you God for this moment."

Time has an elastic quality to it. Fear, worry, and apprehension have a way of making time condense. Appreciation and enjoyment help time expand.

"Thank you God, for this moment, and all the time I need."

DAILY GRATITUDE LIST

Grateful for Divine Guidance - Day 8

I Am Thankful for Divine Guidance

Our ability to choose rightly is always based on information we have at our disposal. When we get good information, we can make good choices.

Today, we make choices based on the direction of divine guidance. With God, we have access to infinite wisdom and knowledge. As I ask to be guided in every situation, I make great choices for my life and my world.

I am illumined by divine guidance and I make the best choice.

Thank you, God, for the many forms in which my good comes to me.

DAILY GRATITUDE LIST

Grateful for the ever present Good - Day 9

I Am Thankful for Unseen Good

Chances are that ghosts and all sorts of scary creatures will appear at your door tonight, but this won't upset you. You know that behind the frightful appearances are wonderful children, God's gifts. All dressed up you might not recognize the child, but you don't let the costume hide the goodness that is there.

Use this same approach throughout this day. If the mask of ugliness is distorting your view of people and things, look for the beauty. If you see lack, uncover the prosperity underlying every situation. Look beyond the appearances and, with gratitude, receive the unseen good God has for you.

Thank you, God, for the many forms in which my good comes to me.

DAILY GRATITUDE LIST

Grateful for Love - Day 10

I Am Thankful for Love

Today I let love be my watch word, and I am determined to love everyone I meet because they are children of God.

When we love we treat people with respect. Today I treat everyone with respect. No matter what others say or do I will treat them with respect. Whether I agree with their ideas or not I will love them.

As I love the people around me I accept the love of being God's precious child.

DAILY GRATITUDE LIST

Grateful for Happiness - Day 11

I Am Thankful for Happiness

Today is a happy day. I will allow joy, humor, light heartedness and fun to be the guiding powers of this day.

Many people have been taught that the way to happiness is by adding. They spend a great deal of time and energy in trying to add all they want to their lives. Today, I will take the opposite road. I will let subtraction lead me to happiness. I will subtract fear, worry and judgments from my life.

Today, I will ask myself often, "What would I have to let go of in this moment to be happy?"

DAILY GRATITUDE LIST

Grateful for Courage - Day 12

I Am Thankful for Courage

Does your life seem to be filled with one difficulty after another? Do you solve one problem only to find that rather than having a moment of respite, there is another even larger problem to deal with? If so, perhaps you need a little more courage. Courage, according to Charles Fillmore, is a spiritual quality that enables you to remain poised and centered in God amidst great difficulties and danger. Courage is not something that changes the events of the world as much as it changes your relationship to those events.

Affirm: "Today I call forth the courage to do the things that are mine to do."

DAILY GRATITUDE LIST

Grateful for Being a Blessing - Day 13

I Am Thankful that I Am a Blessing

When the young boy came home unexpectedly from the party, his mother asked him why. He replied, “It was boring, so I left”. The mother made him return to the party saying, “You don’t go to have a good time. You go to give a good time”. The boy returned home quite late that night, because he had “given the best time!”

I realize that I am here to give a blessing. I no longer allow timidity to stand in my way. I now go into action with a grateful heart, knowing that I am a blessing to life. I don’t wait for life to give me a good time anymore. I give life a good time.

DAILY GRATITUDE LIST

Grateful for Family - Day 14

I Am Thankful for Family

Jesus taught that family was more than a biological relationship. He taught that true family was made through a spiritual connection with others. Jesus taught that a shared relationship with God was as important as a shared ancestry.

Today, we give thanks for all the members of our biological and spiritual family. We give thanks for all the people that have been our brothers and sisters. We celebrate all the people that have loved us like a mother or father. We rejoice in all the people that have been like an aunt or uncle to us. We give thanks for the rich blessings of family.

DAILY GRATITUDE LIST

Grateful for Being Thankful - Day 15

I Am Thankful

Today I Am thankful for all the good in my life. Being thankful is one of the spiritual powers that attracts the good into my life. I give thanks and remember from whom all blessings flow, God Almighty.

With a deeper spirit of gratitude I embrace this day. I give thanks today for all good things and most of all the ever-present, unconditional love of God. With a new sense of appreciation I realize how truly blessed I Am by the grace of God.

Thank you, God, for the abundance of peace, joy and love.

DAILY GRATITUDE LIST

Grateful for Healing - Day 19

I Am Thankful for Healings

I dedicate this day as a healing day. Spirit, I am ready to be healed.
Heal any and all aspects of my life. I am ready to be healed physically. Heal every cell and organ of my body. I am ready to be healed emotionally. Restore my heart. I am ready to be healed mentally. Where my thinking has been destructive, heal me.

I will be healed in ways that I can't even imagine now, but God can.
Thank you, God, for all the healings of this day. I Am a whole, perfect, complete child of God.

DAILY GRATITUDE LIST

Grateful for the Blessings - Day 21

I Am Thankful for My Ability to Find a Blessing

In the Bible, when Joseph was sold into slavery by his brothers, he did not become forever embittered by the experience. He simply approached it with the attitude, “You meant it for evil, but God meant it for good.” What made Joseph great was not the things that happened to him, but the attitude that happened within him.

You have the same ability to find a blessing in every experience of your life. To each thing that happens to you today, say, “God means this for good.”

Remember, it doesn't matter what someone else's intentions are. What is important is whether you intend the experience to be for your good. Know that God is blessing you now.

DAILY GRATITUDE LIST
