



# 21 Days of Gratitude

Returning to a Grateful Heart

[LovePeriod.com](http://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. ♥



## 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***

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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***

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**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***

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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***

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## 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*

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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***

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**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***

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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***

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