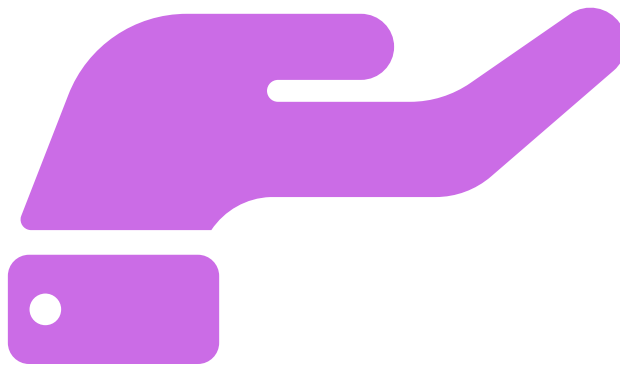
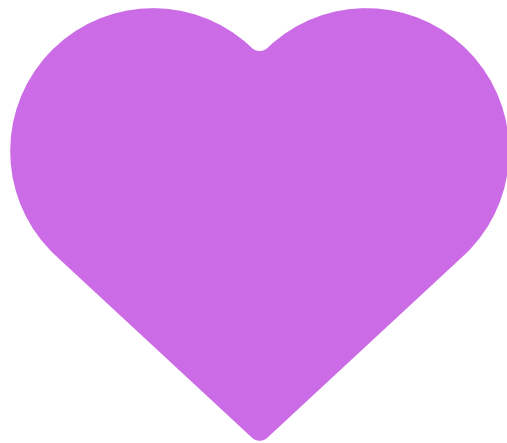




30 Days of Gratitude Journal



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Day 1

"Walk as if you are kissing the Earth with your feet."

Thich Nhat Hanh

INTENTION OF THE DAY

Today I intend to not worry about what happened yesterday, or what may happen tomorrow, but to live one day at a time!

AFFIRMATION OF THE DAY

I am grateful for everything I have and everything I receive.

TODAY I AM GRATEFUL FOR:



Day 2

"A journey of a thousand miles begins with a single step."

Confucius

INTENTION OF THE DAY

Today I intend to do one thing at a time. If I get overwhelmed, I will take a step back, breathe, take a break, and refocus on the task at hand.

AFFIRMATION OF THE DAY

Through a feeling of gratitude, I place myself in alignment with all the riches of the universe.

TODAY I AM GRATEFUL FOR:



Day 3

"Dream as if you'll live forever. Live as if you'll die today."

James Dean

INTENTION OF THE DAY

Today I intend to do those things I can do, and that is all. That is enough.

AFFIRMATION OF THE DAY

I expect lavish miracles and blessings to unfold in my life today.

TODAY I AM GRATEFUL FOR:



Day 4

"He who has health has hope, and he who has hope has everything."

INTENTION OF THE DAY

Today I intend to be an Authentic Expression, Be Who I am, and Use My Voice.

AFFIRMATION OF THE DAY

I have faith that I am being guided in ways that bring amazing results.

TODAY I AM GRATEFUL FOR:



Day 5

*"We are what we repeatedly do. Excellence, then,
is not an act, but a habit."* *Aristotle*

INTENTION OF THE DAY

Today I intend to look at the humour in each situation, I avoid taking things too seriously, and I have fun.

AFFIRMATION OF THE DAY

I choose exactly what I want in life, develop the consciousness of those choices, and they appear.

TODAY I AM GRATEFUL FOR:



Day 6

"Live Well, Laugh Often, Love Much."

INTENTION OF THE DAY

Today I intend to follow through with something and see it to the end, as it's important to come full circle with projects, relationships, and tasks.

AFFIRMATION OF THE DAY

Bountiful miracles and blessings manifest in my life.

TODAY I AM GRATEFUL FOR:



Day 7

"Never Stop dreaming."

INTENTION OF THE DAY

Today I intend to seek the wisdom of my elders for they have much to share.

AFFIRMATION OF THE DAY

I deserve the best and accept it now.

TODAY I AM GRATEFUL FOR:



Day 8

*"Yesterday is history, tomorrow is a mystery. Today is a gift.
That is why it is called the Present."*

INTENTION OF THE DAY

Today I intend to be gentle and kind to myself.

AFFIRMATION OF THE DAY

My life is filled with an abundance of good.

TODAY I AM GRATEFUL FOR:



Day 9

"Great works are performed not by strength but by perseverance."

Samuel Johnson

INTENTION OF THE DAY

Today I intend to bloom and reach out for the sun until I can feel its energy surge through me so that I can allow my soul to be free.

AFFIRMATION OF THE DAY

I have everything I want, need and desire in life.

TODAY I AM GRATEFUL FOR:



Day 10

*"A pessimist sees the difficulty in every opportunity.
An optimist sees the opportunity in every difficulty."*

Sir Winston Churchill

INTENTION OF THE DAY

Today I intend to be the change I wish to see in my
life.

AFFIRMATION OF THE DAY

Today, I give new life to my goals and dreams.

TODAY I AM GRATEFUL FOR:



Day 11

"It's always the darkest before dawn"

INTENTION OF THE DAY

I intend to have courage today.

AFFIRMATION OF THE DAY

I focus on what I want and thus draw it to me.

TODAY I AM GRATEFUL FOR:



Day 12

"You become what you think about."

Earl Nightingale

INTENTION OF THE DAY

I intend to speak the truth today so my voice will be heard.

AFFIRMATION OF THE DAY

I am an unlimited being.

TODAY I AM GRATEFUL FOR:



Day 13

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest complement, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

INTENTION OF THE DAY

Today I intend to share my joy with others, for joy is love, and it can turn the darkest day into perpetual sunshine.

AFFIRMATION OF THE DAY

I always have everything I need to live an amazing life.

TODAY I AM GRATEFUL FOR:



Day 14

"If you don't like something, change it, if you can't change it, change your attitude."

Maya Angelou

INTENTION OF THE DAY

I intend to do what I love today.

AFFIRMATION OF THE DAY

Everything I create fulfills me.

TODAY I AM GRATEFUL FOR:



Day 15

"Be happy for the moment. This moment is your life."

INTENTION OF THE DAY

Today I intend to just be my true, authentic self no matter what situation I find myself in.

AFFIRMATION OF THE DAY

My energy is directed and focused towards my dreams and goals.

TODAY I AM GRATEFUL FOR:



Day 16

"There are 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

INTENTION OF THE DAY

I intend to live as if this is all there is today.

AFFIRMATION OF THE DAY

I follow my highest joy.

TODAY I AM GRATEFUL FOR:



Day 17

"It is never too late to be what you might have been."

George Eliot

INTENTION OF THE DAY

Today I intend to ride the waves of life instead of getting touselled, tossed, and turned by life's currents.

AFFIRMATION OF THE DAY

I trust that everything is unfolding in the perfect time, in the perfect way.

TODAY I AM GRATEFUL FOR:



Day 18

"Love like you've never been hurt, dance like no one is watching, live as though heaven is on earth."

Satchel Paige

INTENTION OF THE DAY

Today I intend to turn negatives into positives.

AFFIRMATION OF THE DAY

My life is immensely satisfying.

TODAY I AM GRATEFUL FOR:



Day 19

"Live life with passion."

Origin Unknown

INTENTION OF THE DAY

Today I intend to love myself unconditionally, no matter what.

AFFIRMATION OF THE DAY

I realise I am a person of great value.

TODAY I AM GRATEFUL FOR:



Day 20

"If you want to feel rich, just count all of the things you have that money can't buy."

Origin Unknown

INTENTION OF THE DAY

Today I intend to be at peace with the decisions I have made in my life up to this point, knowing that I made the best decisions I knew how with the information I had at the time.

AFFIRMATION OF THE DAY

I embrace life each and every day.

TODAY I AM GRATEFUL FOR:



Day 21

"You cannot discover new oceans unless you have the courage to lose site of the shore."

INTENTION OF THE DAY

Today I intend to not worry about what happened yesterday, but to live one day at a time.

AFFIRMATION OF THE DAY

I have the power to make my dreams come true.

TODAY I AM GRATEFUL FOR:



Day 22

"You must do the things you think you cannot do."

Eleanor Roosevelt

INTENTION OF THE DAY

Today I intend to believe in myself and trust I am on the right path.

AFFIRMATION OF THE DAY

I am a success at whatever I choose to do.

TODAY I AM GRATEFUL FOR:



Day 23

"Every day in every way, I am getting better and better."

INTENTION OF THE DAY

Today I intend to celebrate the little things in my life.

AFFIRMATION OF THE DAY

I am happy, loved, and filled with hope.

TODAY I AM GRATEFUL FOR:



Day 24

*"You must be the change you want to see
in the world."*

Mahatma Gandhi

INTENTION OF THE DAY

Today I will allow my intuition to guide me, because
it shows me how to decide which path to travel, as
my life changes course.

AFFIRMATION OF THE DAY

I deserve the best of everything life has to offer.

TODAY I AM GRATEFUL FOR:



Day 25

"The harder you fall, the higher you bounce."

Horace

INTENTION OF THE DAY

Today I will be fearless and face any and all challenges in my life.

AFFIRMATION OF THE DAY

I am a beautiful person inside and out.

TODAY I AM GRATEFUL FOR:



Day 26

*"You will never find time for anything.
If you want time you must make it."*

Charles Buxton

INTENTION OF THE DAY

Today I will be at peace, knowing that everything in
my life is working towards my ultimate good and
that I am loved.

AFFIRMATION OF THE DAY

My potential is unlimited.

TODAY I AM GRATEFUL FOR:



Day 27

"When one door closes, another opens, but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."

Alexander Graham Bell

INTENTION OF THE DAY

Today I intend to see the beauty in everyone and everything.

AFFIRMATION OF THE DAY

I gain more confidence each and every day.

TODAY I AM GRATEFUL FOR:



Day 28

"Leap, and the net will appear."

John Burroughs

INTENTION OF THE DAY

Today I understand that life is not about waiting for the storms to pass.

AFFIRMATION OF THE DAY

I allow myself to think and dream in unlimited ways.

TODAY I AM GRATEFUL FOR:



Day 29

"If you can dream it, you can do it."

Walt Disney

INTENTION OF THE DAY

Today I take responsibility for my life, knowing that
every action is a conscious
choice.

AFFIRMATION OF THE DAY

I am creating the life of my dreams in an easy and
relaxed manner.

TODAY I AM GRATEFUL FOR:



Day 30

"Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same."

Flavia Weedn

INTENTION OF THE DAY

Today I intend to share my joy with others, for joy is love, and it can turn the darkest day into perpetual sunshine.

AFFIRMATION OF THE DAY

I always have everything I need to live an amazing life.

TODAY I AM GRATEFUL FOR:
