



*Center for
Conscious Living*



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God gave you a gift of 86,400 seconds today. Have
you used one to say "thank you"?

William A. Ward



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Transformation Through Thanksgiving A 40-Day Journey



*Gratitude is not only a virtue but it also is part of a
practical philosophy of daily life. There is no wiser
way of living than to remember every morning what
Life has given us, and to lift up our thought in
thankfulness for every bounty we possess.*

Ernest Holmes

Day 39

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. W.T. Purkiser

Day 40

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 1

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It makes sense of our past, brings peace for today, and creates a vision for tomorrow.
Melody Beattie*

Day 2

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 3

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Nothing is more honorable than a grateful heart. Seneca

Day 4

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 37

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Feeling gratitude and not expressing it is like wrapping a present and not giving it. William Arthur Ward

Day 38

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 35

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

You have no cause for anything but gratitude and joy.
The Buddha

Day 36

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 5

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

*As we express our gratitude, we must never forget that the
highest appreciation is not to utter words, but to live by them.*
John Fitzgerald Kennedy

Day 6

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 7

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

There are no mistakes, no coincidences. All events are blessings given to us to learn from. Elisabeth Kubler-Ross

Day 8

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 33

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

There is a calmness to a life lived in gratitude, quiet joy.
Ralph H. Blum

Day 34

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 31

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

If the only prayer you say in your life is thank you, that would suffice. Meister Eckhart

Day 32

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 9

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Give thanks for a little and you will find a lot.
Hausa of Nigeria

Day 10

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 11

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate or value into your life. Christiane Northrup, M.D.

Day 12

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 29

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Wake at dawn with a winged heart and give thanks for another day of loving. Rashaski

Day 30

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 27

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Gratitude is riches. Complaint is poverty. Doris Day

Day 28

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 13

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

If you want to turn your life around, try thankfulness. It will change your life mightily. Gerald Good

Day 14

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 15

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

I thank God for my handicaps for, through them, I have found myself, my work, and my God. Helen Keller

Day 16

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 25

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Got no check books, got no banks. Still I'd like to express my thanks - I got the sun in the morning and the moon at night. Irving Berlin

Day 26

1 _____ 6 _____

2 _____ 7 _____

3 _____ 8 _____

4 _____ 9 _____

5 _____ 10 _____

Day 23

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

When eating bamboo sprouts, remember the man who planted them. Chinese Proverb

Day 24

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 17

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

We often take for granted the very things that most deserve our gratitude. Cynthia Ozick

Day 18

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Day 19

1 6

2 7

3 8

4 9

5 10

A thankful heart is not only the greatest virtue, but the parent of all the other virtues. Cicero

Day 20

1 6

2 7

3 8

4 9

5 10

Day 21

1 6

2 7

3 8

4 9

5 10

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. Frank A. Clark

Day 22

1 6

2 7

3 8

4 9

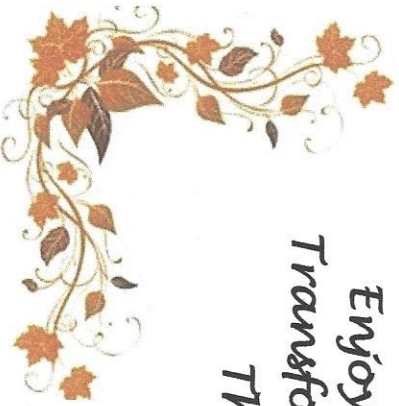
5 10



The number 40 has deep spiritual significance. It symbolizes all the time it takes for a transformation to occur and appears regularly in scriptural stories of transformation. Moses and the Israelites wandered for 40 years before they found the Promised Land. The Buddha sat under the Bodhi Tree for 40 days before enlightenment came to him. Goliath taunted the Israelites for 40 days before David came forth to slay him. Jesus was tempted for 40 days before beginning his ministry.

This journal is to help you experience the transformative power of 40 through 40 days of thanksgiving. On each of the next 40 days, find at least 10 reasons for which to be grateful. Your life truly is filled with blessings that often go unnoticed. As you open your eyes and give thanks for them, suddenly there are more! Be grateful not only for the blessings you receive (large and small), but for the blessings you give. Be thankful also for the blessings in the seeming challenges. And, even if you can't see a blessing in the challenge, give thanks for it anyway and the blessing will reveal itself!

*Enjoy your journey of
Transformation Through
Thanksgiving!*



In everything give thanks. An attitude of gratitude is most salutary and bespeaks the realization that we are already in heaven.

Ernest Holmes