

TRANSFORMATION THROUGH THANKSGIVING

A 40-DAY JOURNEY

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!

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 1

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 2

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 3

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 4

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 5

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 6

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 7

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 8

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 9

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 10

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 11

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 12

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

Nothing is more honorable than a grateful heart.

~ Seneca

DAY 13

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 14

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 15

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

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

DAY 16

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 17

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 18

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 F. Kennedy

DAY 19

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 20

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 21

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 22

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 23

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 24

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 25

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 26

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 27

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 28

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 29

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 30

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 31

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 32

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 33

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

*Gratitude is riches. Complaint is poverty.
~ Doris Day*

DAY 34

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 35

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 36

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 37

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 38

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

DAY 39

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 40

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

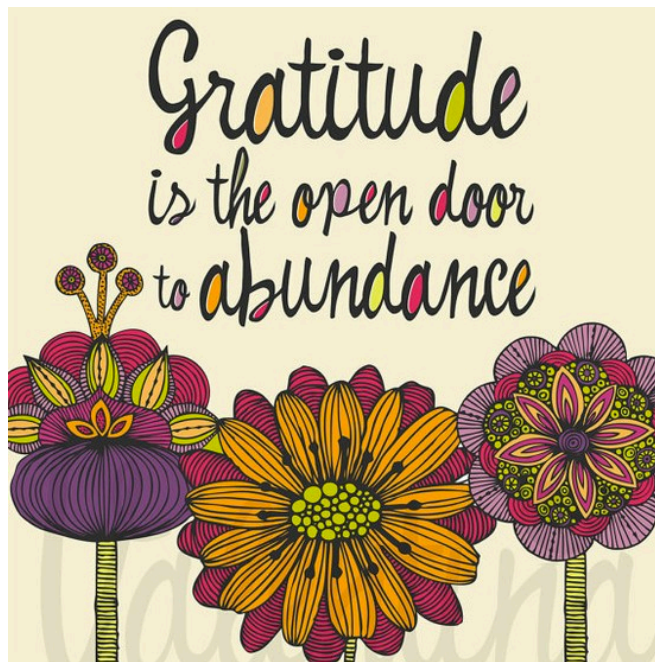
9 _____

5 _____

10 _____

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

~ Ernest Holmes



Center for Conscious Living

centerforconsciouslivingnj@gmail.com

NewThoughtCCL.org

(856) 722-LOVE (5683)