

## 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**



gratitude  
CHANGES  
everything

### Day 1

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

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### Day 2

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

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### Day 3

Nothing is more honorable than a grateful heart. --Seneca

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### Day 4

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

William Arthur Ward

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### Day 5

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

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### Day 6

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

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### Day 7

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

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### Day 8

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

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### Day 9

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

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### Day 10

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

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### Day 11

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.**

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### Day 12

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

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### Day 13

Gratitude is riches. Complaint is poverty. --Doris Day

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### Day 14

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

--Gerald Good

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### Day 15

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

Helen Keller

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### Day 16

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

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### Day 17

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

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### Day 18

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

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### Day 19

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

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### Day 20

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

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### Day 21

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

**Albert Schweitzer**

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### Day 22

Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul

**Amy Collette**

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### Day 23

Happiness cannot be traveled to owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. –**Denis Waitley**

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## Day 24

Gratitude is when memory is stored in the heart and not in the mind. --**Lionel Hampton**

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## Day 25

For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile. --**Elie Wiesel**

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## Day 26

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. --**William Arthur Ward**

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## Day 27

Acknowledging the good that you already have in your life is the foundation for all abundance.

**Eckhart Tolle**

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## Day 28

When eating fruit, remember the one who planted the tree. --Vietnamese Proverb

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## Day 29

This a wonderful day. I've never seen this one before! --Maya Angelou

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## Day 30

The more grateful I am, the more beauty I see. --Mary Davis

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## Day 31

We can only be said to be alive in those moments when our hearts are conscious of our treasures. --Thornton Wilder

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### Day 32

Gratitude is the sign of noble souls. –Aesop

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### Day 33

What separates privilege from entitlement is gratitude. --Brene Brown

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### Day 34

Enjoy the little things, for one day you may look back and realize they were the big things.

Robert Brault

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### Day 35

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. –A.A. Milne

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### Day 37

The roots of all goodness lie in the soil of appreciation for goodness. --Dalai Lama

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### Day 38

None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves and spend without fear of bankruptcy. --Fred De Witt Van Amburgh

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### Day 39

Gratitude and attitude are not challenges; they are choices. --Robert Braathe

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### Day 40

Forget yesterday--it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today. --Steve Maraboli

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