

# *30 days of Gratitude*

An opportunity to infinitely improve your life



*Robin Kirby, Ph.D.  
Carolyn G. Bultram, M.A.  
Vanessa Lowry*

# *Welcome*

Welcome to "30 Days of Gratitude." We are excited to offer you a heartfelt gratitude exercise every day for the next 30 days. These exercises have been designed to open your heart to the miracle of gratitude and the amazing changes that can happen when we become more grateful. There is a new exercise every day. Some are for you alone, while others include friends or family members. Most exercises are designed to take about 5 minutes, but on some days it will take a little longer. We ask that you set aside 5 to 10 minutes of quiet time every morning when you can focus entirely on that day's exercise. Some of the exercises will call you to spend a few moments quietly reflecting at the end of the day. This is a time to help you focus on the miracle of your life and encourage yourself to be thankful for the day. Thank you for joining us on this journey.

Please share your experiences by E-mail at  
***DaysofGratitude@gmail.com***

Or make comments on our blog at  
***www.DaysOfGratitude.wordpress.com***

We look forward to hearing from you.

*Robin, Carolyn and Vanessa*



*As you express gratitude,  
it spirals back to you...  
expanded into multiple forms*

# Day 1

## Eyes Wide Open

This day is dedicated to awakening. Awakening to your life. Settle into your special 5 minutes and take a couple of deep breaths. As you settle, open your eyes and look around. What do you see? Do not label or think about what you see, but feel the miracle of the sights in front of you. As you look around, imagine you are a newborn child, with no names for the things you see, so you simply look with awe at everything.

*Reflect on what you saw during your exercise and silently offer gratitude for its existence.*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Gratitude is the fairest blossom  
which springs from the soul.*

*- Henry Ward Beecher*

# *Day 2*

---

## Running Water

---

People in many countries don't have access to clean running water. Today, every time you turn on a faucet, send a word of thanks into the universe. Think about the miracle of clean water when you're making coffee, brushing your teeth, taking a shower, washing clothes, cooking dinner or having a thirst quenching drink of water.

*(Thanks to Michele Wilke)*

*Think about the first time you remember water. Was it a warm bath with a sibling? Or a lawn sprinkler you ran through as a child? Write a short reflection of that time and then list the ways that water makes your life more full today.*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

*- Melodie Beattie*



# Day 3

## Make a Change

At the end of each day, take all of the loose change from your pocket or wallet and put it in a jar. At the end of the month donate the change wherever you see fit. Better yet, make it a family project, or a new project with your friends; to discuss the value of money and the ways we can help others. Perhaps take a couple of dinner conversations to talk about where you would like to donate your change to “make a change”. When you show gratitude for the abundance you have by sharing it, those around you become more able to see the value of a giving attitude.

*How much change did you have at the end of the day, and what discussions did this exercise prompt in your family and friend circles?*

---

---

---

---

---

---

---

---

---

---

*It isn't what you have in your pocket  
that makes you thankful,  
but what you have in your heart.*

*- Anonymous*

# Day 4

---

## Sparky

---

Who is the person that immediately comes to mind when you think about being helped through a depression or a rough spot? Find two candles. One to light as you meditate on the sparks you have received that made a difference to you and the second as a gift for someone who you know is having a difficult time. Make it your mission today to get your second candle to that person. That one you know needs a little lift. You know the one. And whether you mail it, send it by special delivery or hand carry it, add a note of encouragement and gratitude for that person.

*Who is your personal "Sparky"?*

---

---

---

---

---

---

---

---

---

---

---

---

---

*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

# Day 5

## Voice Mail

Add a question to your voice mail asking the caller to leave one thing they appreciate about their life today. It is a fun way to engage every caller. Not only will it make your day to learn what pushes their grateful button, it also gives your caller a fresh breath of gratitude as they have the opportunity to tell you! *(Thanks Mike Robbins, author of Focus on the Good Stuff)*

*What will your new voice mail message say?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*An attitude of gratitude brings great things.*

*- Yogi Bhaian*

# Day 6

## My Amazing Body

Close your eyes and “scan” your body. List every part of your body that functions well and is free from discomfort. We know that what we focus on increases. This is as true for our health as it is for other areas of our life. Especially when we feel less than healthy, we can relieve stress and rekindle a more balanced thought pattern regarding our over all health by focusing on what feels good. So today...

*What do you appreciate about your body?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Gratitude is so close to the bone of life, pure and true, that it instantly stops the rational mind, and all its planning and plotting. That kind of “let go” is fiercely threatening. I mean, where might such gratitude end?*

- Regina Sara Ryan



# Day 7

## Give Away Day

---

The wheel of good fortune and peace turns on our ability to love others and ourselves. Today is an exercise in gratitude that will help you recognize the power of a simple “thank you”. We love others as we use this meditation time to choose 3 things we will give away. Center yourself in gratitude for all you possess and choose 3 things that are meaningful to you. The first step is choosing. The second step is breathing and releasing your choice into the universe. You may choose to give each thing to someone you know, or give it to a stranger. Allow your spirit to guide you in this throughout the day.

*List the things you chose to give away and how you felt about this exercise.*

---

---

---

---

---

---

---

---

---

---

*We should give as we would receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers.*

*Seneca*

# Day 8

## A Simple Thank You

It is easy to thank someone who has been of service to you or someone who has given you a gift. Today, we go deeper with our gratitude. Look for ways to appreciate everyone with whom you are in contact. Find an appropriate way to say thank you or express gratitude to every person with whom you speak or interact today.

List some of the people and ways you said "thank you" today:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*There are only 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*

# Day 9

## The Power of Humor

Humor alleviates misery. It is impossible to be amused and depressed at the same time. Our gratitude exercise today focuses on humor. Take 5 minutes to find a humorous joke online and print it out to share. Or find a comedy skit to enjoy and pass along. Today, take a moment to enjoy some humor, then give thanks for the humor in your life and share a piece of it with someone else.

Try these web links for starters:

**[www.jokesclean.com](http://www.jokesclean.com)**

**[www.youtube.com](http://www.youtube.com)**

*(all of your old favorites are here, just search for them)*

*What made you laugh today?*

---

---

---

---

---

---

---

---

---

---

*Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.*

- Buddha

# Day 10

## Love, Me

---

Write out a list of all of the people who love you. Close your eyes and visualize them gathered in a circle around you. Add to the circle all of those people who have loved you throughout your lifetime. Sense, see or feel their love as it radiates to you. As you visualize each person in your circle, give a personal “thank you” to each one.

*Who loves me?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*But friendship is precious, not only in the shade,  
but in the sunshine of life; and thanks to  
a benevolent arrangement of things,  
the greater part of life is sunshine.*

*- Thomas Jefferson*

# Day 11

---

## Love, Me II

---

Write out a list of all of the people who you love. (*This list may look a bit different from your other list on Day 10.*) Close your eyes and visualize them in a circle around you. Feel yourself radiating love to each of them. Feel the fullness of your heart and notice how much love you have to give!

Who do you love?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

*- Kahlil Gibran*

# Day 12

---

## Mutual Friend

---

Choose a friend who would benefit from a gratitude boost. (*Isn't that everyone?*) Circulate a "friend appreciation list" among mutual friends and acquaintances of "why you are grateful for" the chosen friend. Have each of them send an email to you to be assembled into one list. Then share the list with the chosen friend, as well as all the gratitude participants.

For example: *"I love the way you look me in the eyes and listen when we are together. Love Susan"*

*What friend do you want to give a boost? And who do you know in common?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Let us be grateful to people who make us happy;  
they are the charming gardeners  
who make our souls blossom.*

- Marcel Proust

# *Day 13*

---

## Escapes

---

Today we give thanks for all the escapes we have had over the years. Sometimes gratitude comes in those moments when we realize we have been spared misery. Today as you breathe into this time for yourself, we ask that you remember the “escapes”. Those “near misses”, those “fortunate coincidences” and those “divine interventions”. As you meditate upon these “escapes” try to see how many you can remember during the next 5 minutes and silently give thanks for each one as it crosses your mind. Complete the next sentence after your meditation:

*Today I am so grateful when I think about:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*If you can't be thankful for what you receive,  
be thankful for what you escape.*

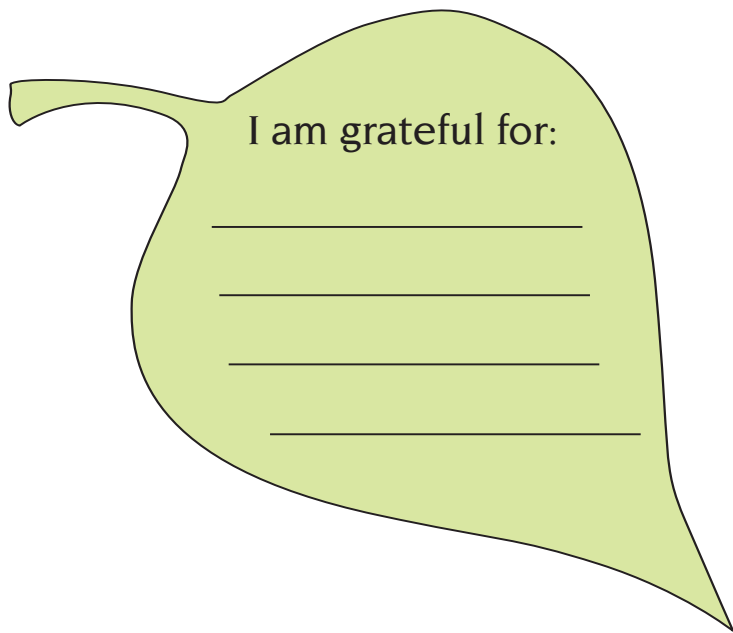
*-Unknown*

# Day 14

## Gratitude Tree

Trees use their leaves to gather life force energy from the sun. We humans can become more in tune with our life force energy when we express gratitude. Hand out copies of the paper leaves in this book, and ask people to write one thing for which they are grateful on each leaf. Find a small fallen tree branch. Collect the leaves and attach them to the branch to create a gratitude tree. Display it prominently in your home or work place. Or better yet, ask to display it in your favorite coffee/tea shop!

See the appendix for a printable leaf on page 35.



*To speak gratitude is courteous and pleasant,  
to enact gratitude is generous and noble,  
but to live gratitude is to touch Heaven.*

– Johannes A. Gaertner



# *Day 15*

---

## Check Yourself

---

Money represents how we have spent hours, days, and years of our lives. How often do you write a check or sign a credit card slip unconsciously or worse yet, grudgingly? Today, write “with gratitude” on every check that you write and on every credit card slip that you sign.

*Reflect on the times you wrote “with gratitude” today. Who helped you? Who served you? How did it effect the other to see you add this to your check or credit card slip?*

---

---

---

---

---

---

---

---

---

---

---

---

*Thankfulness is the beginning of gratitude.  
Gratitude is the completion of thankfulness.  
Thankfulness may consist merely of words.  
Gratitude is shown in acts.*

- Henri Frederic Amiel

# Day 16

## A Great Day!

At the end of the day, make a list of 15 (or more) things that went right in your day, no matter how big or small. There are hundreds! A small thing might be “*My alarm clock sounded just as I had planned*”, or “*The waiter got my order just right*”, or “*There was plenty of hot water for my lovely shower.*”

What went right for you today?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Thankfulness brings you to the place  
where the Beloved lives.*

– Jalaluddin Rumi

# Day 17

---

## Thank a Teacher

---

Write a note to one of your teachers. It can be a teacher from years ago when you were a child, a teacher in your Sunday School class, your fitness instructor, your child or a friend who helped you learn a life lesson. Send a note today to say thank you!

What teacher will you thank? A printable Thank You card is on page 42.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

*- William Arthur Ward*

# Day 18

## Social Networks

Today, we share our great good fortune with our social networks. Post a gratitude blast on Facebook, Twitter or any other social media. Or post your gratitude thought on all of them. Compose a sentence or two that reflects your growing gratitude for the life you have, the people you know, or the good someone in the world is doing. Find something good and share it with your network.

*Write your message here:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Find the good – and praise it.*

*- Alex Haley*

# Day 19

## Perspective

---

It is easy to roll around in our wish for those things we do not have. But it is much more productive and life enhancing to give thanks for those things we do have. Today's exercise is a counting game. Wherever you are right now: in your bedroom, in your living room, or in your kitchen, take your seat and breathe deeply. Center in this moment, and bring your mind to gratefulness. When you are centered, open your eyes and count the objects within sight. No need to go to another room, although you may. For 5 minutes, simply count. Don't take time to access the objects you are counting, just quickly see if you can count all the objects in the room. It might be helpful to set a timer.

*As you express gratitude for the objects you counted, list the total here.*

I counted \_\_\_\_\_ objects.

I am grateful for what I possess.

*Were you surprised at the number of possessions you could count in 5 minutes? What thoughts did you have as you completed this exercise. Do you think you might share it with your family?*

---

---

---

---

*He is a wise man who does not grieve  
for the things which he has not,  
but rejoices for those which he has.*

*- Epictetus*

# Day 20

## Gratitude

Today is for gratitude. All day. Your meditation today centers around teaching yourself to be grateful for everything. Today, celebrate everything that happens. For the shower that has no hot water. For the complaining child. For the errant spouse. For the rush hour traffic jam. We don't know the end result of anything. When we believe something is good, sometimes it turns out negatively. When we believe something is bad, it often brings us many blessings. Breathe deeply, settle into your 5 minutes and give thanks for everything. If you wish to expand your practice you may print the following card and carry it with you today. Perhaps place it where you can see it all day. Resolve to give thanks for absolutely everything, and see what happens!

*This card is duplicated on appendix page 36. Print it, fold the page in half and use it as a tent card for your desk.*

*Today I am grateful for everything that happens, everything that comes to me, everything that is taken from me, everything I see, and everything that I think. I resolve to give heartfelt thanks for EVERYTHING today.*

*A thankful person is thankful  
under all circumstances.  
A complaining soul complains  
even if he lives in paradise.*

*- Baha' u'llah*

# Day 21

## Sharing

Today is a day to share your gratitude. Giving is the surest way to receive, so today you are all about giving without limits in order to see the joy you can create in someone else. What you give away always comes back to you. Print the following gratitude card (or make up one of your own) and hand one to at least 5 people today.

*It is amazing to let your spirit guide you in this exercise. Don't forget to give one to yourself!*

*Print multiple copies of this card from appendix page 37.*

*My heart fills  
with JOY  
when I think about you.  
Thank you!*

*Every heart that has beat strongly  
and cheerfully has left a hopeful impulse  
behind it in the world,  
and bettered the tradition of mankind.*

*- Robert Louis Stevenson*





# *Day 23*

---

## Count the Ways

---

Today is the 23rd day of your month of gratitude. Make a list of 23 items for which you are grateful today. Or compile your list of 23 people for whom you are grateful... in addition to people you personally know, you can list historic figures, scientists, authors, artists, musicians or more. Write your list as quickly as possible without a lot of thought. Do it more than once throughout the day and see what else (or who else) you want to add to your list.

*Make your list of 23:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*Gratitude is not only the greatest of virtues,  
but the parent of all others.*

- Cicero

# Day 24

---

## Focus

---

Focus on someone for whom up until now; you have not been that grateful. For your 5 minutes today, breathe deeply, close your eyes, center yourself and send gratitude to one person who you have resented in the past. This is not an exercise in rehashing the past or justifying your actions or even thinking about the past. Rather it is a cheerful, heartfelt sending of joy to that one who you know needs it from you. If you feel so moved, you can print the message below and keep it with you today, or send it to the person in your gratefulness meditation.

*This card is on appendix page 38.*

*I love you,  
I appreciate you,  
and I am grateful  
for your presence  
in my life.*

*The best way to cheer yourself up is  
to cheer someone else up.*

*- Mark Twain*

# Day 25

## A Truly Satisfying Meal

Write down every step you can imagine that it takes for the food that you eat today to arrive in your home to nourish you. Count the number of individuals (from farm, to store, to table) who are employed and/or touch your life to make this occur. Pause for a moment before you dine and give thanks.

This is a great meditation to share with children and family members as we reconnect to the miracle of abundant food.

*What steps or people were necessary in getting food on your table?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. If you see no reason for giving thanks, the fault lies with yourself.*

*- Tecumseh, Shawnee Chief*

# Day 26

## Gratitude Chain

Today, begin a gratitude chain. This is a variation of the chains you made in school. Take strips of colored construction paper and write one thing you are grateful for on each chain link. As you complete the individual links, put them together with staples or glue to form interlocking circles. You might hang your growing chain from a prominent place and add to it every day. Keeping the strips handy will facilitate your chain making. This also makes a fun family project that helps children and other adults focus on the blessings of life.

*A printable chain template is on appendix page 39.*

*Who and what springs to mind when you think of making your gratitude chain? In preparation for this exercise, you might begin your own gratitude list here.*

---

---

---

---

---

---

---

---

*I am thankful for...*

*The secret of happiness lies in taking  
a genuine interest in all the details of daily life,  
and in elevating them to art.*

*John Ruskin*



# Day 28

---

## Pause

---

Gratitude requires us to slow down, to pause, and to reflect. In the silence, even if it only lasts a moment, we can recognize the miracle of our life. We connect with our essence when we pause. So today take a moment to pause in gratitude. As you dedicate 5 minutes to this exercise, allow yourself to be completely present, completely here now. Begin by breathing deeply and settling into your chair. Close your eyes and feel the miracle of life.

*As you silently reflect, choose one of the following phrases and for 5 minutes (and throughout the day) breathe deeply, close your eyes and repeat your phrase.*

“Thank you”      “I am so blessed”

“My life is a miracle”

“Gracias”

“I am so grateful for my family”      “Asante”

*“There is so much to be grateful for, Thank You”*

“Grazie”      “Merci”

*Be glad of life because it gives you the chance  
to love and to work and to play  
and to look at the stars.*

*- Henry Van Dyke*

# Day 29

## Random Acts of Kindness

Kindness is all around us and often goes unnoticed. Carry a simple card with you at all times that just says “Thank You” on it. When you witness an act of kindness or when someone is kind to you, give the card to him/ her.

*What act of kindness did you notice today? Print this card from page 40.*

---

---

*Thank You  
for your kindness*

*The only people with whom you should try to  
get even are those who have helped you.*

*- May Maloo*

# Day 30

## Reflection

This is the last day of your 30 day gratitude experience. It is our hope that you have had many astonishing moments as you have devoted 5 minutes a day, or more, to your gratitude practice. We invite you to take today's meditation time to reflect on the past days' exercises and outcomes. Which exercise impacted you the most? What exercise did you enjoy the most? Which one made you uncomfortable? Which one made the biggest impact on the lives of those around you? Which exercise will you keep and share again and again? How has this month of gratitude changed how you live, or how you interact with others? We are grateful for your participation with us, and we know that the positive vibrations released as we focused on thankfulness have encouraged change and a deepening of love around the world. You are the essence of love and we are grateful for you.

Please share your experience with us at [DaysofGratitude@gmail.com](mailto:DaysofGratitude@gmail.com). Or make comments on our blog at [www.DaysOfGratitude.wordpress.com](http://www.DaysOfGratitude.wordpress.com).

We are so grateful for you! Namaste

*One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is.*

- Norman Vincent Peale



# About Robin

Robin Kirby, Ph.D.

Robin is a Heart Centered Therapist, combining traditional cognitive techniques with hypnotherapy, regressive therapy, conscious connected breathing, meditation, and guided imagery to find the source of troubling emotions and patterns and to facilitate healing at the deepest level for her clients. She provides a nurturing environment that allows individuals, couples, and family members to open their hearts and live from that place of authenticity.



Her passion is working at the soul level with her clients, helping them to connect with their inner spark, and the essence and source of their life force energy. Her goal is to see each and every person whom she touches, living vibrantly and joyously, touching others to bring more compassion and healing into the world.

Robin holds a Masters Degree in Education, and a Ph.D. in Clinical Psychology. She is a Certified Clinical Hypnotherapist, Certified Release Therapist, Certified Life Coach, and Educator. She is also a Reiki practitioner and is constantly studying, learning and incorporating new energetic and spiritual healing modalities into her work. She is the founder of *Loving Impact*, a private practice dedicated to the healing of mind, body, and spirit.

[www.lovingimpact.com](http://www.lovingimpact.com)

*Spiritual love is a position of standing with one hand extended into the universe and one hand extended into the world, letting ourselves be a conduit for passing energy.*

- Christina Baldwin

# About Carolyn

Carolyn Buttram, M.A.

*Inspirational Humorist, Author, Lecturer,  
Professional Photographer*



Having survived breast cancer (with grace and humor), Carolyn combines an exceptional knowledge base with innovative, spirit filled and entertaining presentation skills to encourage spiritual celebration and growth. For over 10 years, she has been inspiring and informing her audiences about living their best and most joyful life while changing the world in the process. She consistently challenges old belief patterns and inspires her audiences to greater involvement in their own lives.

Carolyn also is a talented landscape and portrait photographer. In her most recent DVDs, (*Thoughts From the Margins*) she combines her awe-inspiring photography with her own spiritual insights. She has performed at: The Punchline Comedy Club, The Funny Farm, The Comedy Zone, and Gilda's Club; has been a Sunday feature personality in The Atlanta Journal Constitution and has presented for: The American Cancer Society, CNN, The American Heart Association, The Georgia Autism Society, The Atlanta Theosophical Society, Unity Churches across the south, and The Susan G Komen Breast Cancer Organization. She also had a one-woman show at The Callanwolde Center at Emory University. Most recently Carolyn was the featured guest on "A Woman's Place" with Rev. Angela Harrington-Rice on AIBTV.

Carolyn is available for radio, television and personal interviews, keynote addresses, social events and business gatherings.

[www.carolynbuttram.com](http://www.carolynbuttram.com)

*Breathe. Give thanks. Repeat.*

- Carolyn Buttram

# About Vanessa

Vanessa Lowry, F.U.N.

Vanessa is a multi-passionate entrepreneur and is dedicated to FUN! She leverages nearly 30 years of design and marketing expertise to support book authors who are self-publishing. (*The concept and design of this Days of Gratitude book is an example of her work.*)



Another professional passion is working with non-profits to create and implement peer-to-peer fundraising events. She has provided consultation services to non-profit organizations such as the Atlanta Community Food Bank, Save Our Pets Foodbank, Fast Forward Restart, Chayil, Miles for Maddy, Enable USA, HERO and more. Her blog, *Fundraising Success Recipes*, features stories of successful fundraising campaigns.

Vanessa has been a featured speaker at business, civic and nonprofit groups. A partial listing includes Georgia Center for Nonprofits, Rotary, Kiwanis, Optimist International, Georgia Writers Association, Johnson Ferry Baptist Women's Retreat and Robert H. Schuller Institute for Successful Church Leadership.

She serves as co-chair of the Roswell-tree, an annual event on July 4th, founded on fun. Read the rules, view photos/videos and find out how you can participate at [www.Roswelltree.org](http://www.Roswelltree.org).

Vanessa loves to learn and recently completed her certification as a reflexologist. She also has a certification in Okazaki Restorative Massage, has the rank of 2nd degree black belt in ShuriRyu Karate and an intermediate rank in ShintoYoshinKyi Jiu Jitsu.

**Connect with Vanessa:**

[www.linkedin.com/in/vanessalowry](http://www.linkedin.com/in/vanessalowry)

[www.connect4leverage.wordpress.com](http://www.connect4leverage.wordpress.com) (*Fundraising Success Recipes*)

*Life must be lived as play.*

- Plato



# *Appendix*

*Print these cards to use  
on a specific day's exercise  
or anytime throughout the month*

# Gratitude Tree, Day 14



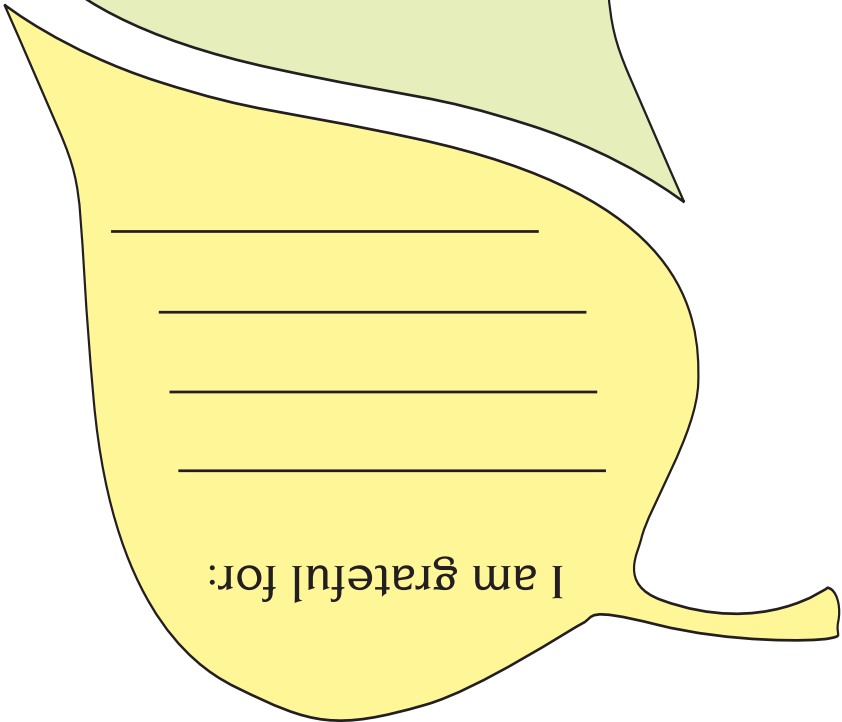
I am grateful for:

---

---

---

---



I am grateful for:

---

---

---

---

## Gratitude, Day 20

*Today I am grateful for everything that happens, everything that comes to me, everything that is taken from me, everything I see, and everything that I think. I resolve to give heartfelt thanks for EVERYTHING today.*

*Today I am grateful for everything that happens, everything that comes to me, everything that is taken from me, everything I see, and everything that I think. I resolve to give heartfelt thanks for EVERYTHING today.*

*My heart fills  
with JOY  
when I think about you.  
Thank you!*

*My heart fills  
with JOY  
when I think about you.  
Thank you!*

*My heart fills  
with JOY  
when I think about you.  
Thank you!*

*I love you,  
I appreciate you,  
and I am grateful  
for your presence  
in my life.*

*I love you,  
I appreciate you,  
and I am grateful  
for your presence  
in my life.*



# Gratitude Chain, Day 26

*I am thankful for...*

---

*I am thankful for...*

---

*I am thankful for...*


---

*I am thankful for...*

---

*Thank You*  
*for your kindness*

*Thank You*  
*for your kindness*



*The following three pages  
can be printed and folded  
for note cards.*

*photography by Carolyn Buttram  
[www.carolynbuttram.com](http://www.carolynbuttram.com)*

*card design by Vanessa Lowry*

*Days of Gratitude*  
photo by Carolyn Buttram  
www.carolynbuttram.com  
card design by Vanessa Lowry



*Thank You!*

The only people with whom  
you should try to get even are  
those who have helped you.

MAY MALOO

## *Did you know?*

According to aerodynamic studies,  
a bumblebee's weight is too heavy  
for its tiny wings.

*It is a miracle every time a bumblebee flies.*

## **Days of Gratitude**

photo by Carolyn Buttram  
[www.carolynbuttram.com](http://www.carolynbuttram.com)

card design by Vanessa Lowry



*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



*Friendship is precious,*

not only in the shade,  
but in the sunshine of life;  
and thanks to a benevolent  
arrangement of things,  
the greater part of life  
is sunshine.

THOMAS JEFFERSON

## **Days of Gratitude**

photo by Carolyn Buttram  
[www.carolynbuttram.com](http://www.carolynbuttram.com)

card design by Vanessa Lowry

# *Keep it going...*

We are so truly grateful that you are choosing to consciously connect with gratitude through these practices.

Please print one copy of this e-book and share it with a friend to start the New Year.

*You may find that you want to do the exercises again with that person as your partner!*

Please share your experiences by E-mail at  
**[DaysofGratitude@gmail.com](mailto:DaysofGratitude@gmail.com)**

Or make comments on our blog at  
**[www.DaysofGratitude.wordpress.com](http://www.DaysofGratitude.wordpress.com)**

We look forward to hearing from you.

*Robin, Carolyn and Vanessa*

*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*