



*In All Things*

**GIVE  
THANKS**

**28 DAYS OF GRATITUDE**





# Day 1

I don't have to chase extraordinary moments to find happiness -  
it's right in front of me if I'm paying attention and practicing  
gratitude.

~ Brene Brown





# Day 2

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

— Marcel Proust



# Day 3

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

— Ralph Waldo Emerson



# Day 4

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

— A.A. Milne, *Winnie-the-Pooh*





# Day 5

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

— Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose*





# Day 6

If the only prayer you said was thank you, that would be enough.

— Meister Eckhart





# Day 7

You're a quarter of the way on your gratitude journey!  
Have you noticed a difference in your perspective?  
What has changed since you started this journal?





# Day 8

You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

— Kahlil Gibran, *The Prophet*



# Day 9

Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find reasons, if even small ones, to get up.

— Steve Maraboli, *Life, the Truth, and Being Free*



# Day 10

When you are grateful, fear disappears and abundance appears.”

— Anthony Robbins



# Day 11

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

— William Arthur Ward



# Day 12

What separates privilege from entitlement is gratitude.”

— Brené Brown





# Day 13

For each new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.

— Ralph Waldo Emerson





# Day 14

Fourteen days of gratitude and going strong!

Congratulations!

How has practicing gratitude changed your relationships?





# Day 15

When it comes to life the critical thing is whether you take things for granted or take them with gratitude.

— G.K. Chesterton



# Day 16

The more I understand the mind and the human experience, the more I begin to suspect there is no such thing as unhappiness; there is only ungratefulness.

— Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*



# Day 17

We can complain because rose bushes have thorns, or rejoice  
because thorns have roses.

— Alphonse Karr, *A Tour Round My Garden*





# Day 18

True forgiveness is when you can say, "Thank you for that  
experience."

— Oprah Winfrey





# Day 19

The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.

— Seneca



# Day 20

Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

— Maya Angelou, *Celebrations: Rituals of Peace and Prayer*



# Day 21

Twenty-one days of gratitude! Woo-hoo!  
Building your gratitude muscle is a process, not an event.

If you missed a day or two, that's okay!  
Embrace the process and enjoy the journey.



# Day 22

[1] never talk about gratitude and joy separately, for this reason.

In 12 years, I've never interviewed a single person who would describe their lives as joyful, who would describe themselves as joyous, who was not actively practicing gratitude.

— Brené Brown



# Day 23

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

— Oprah Winfrey





# Day 24

The more you praise and celebrate your life, the more there is in  
life to celebrate.

— Oprah Winfrey





# Day 25

Every problem is a gift - without problems we would not grow.

— Anthony Robbins



# Day 26

Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.”  
— Mahatma Gandhi



# Day 27

There are people in the world so hungry, that God cannot appear to them except in the form of bread.”  
— Mahatma Gandhi





# Day 28

Do not think that love in order to be genuine has to be extraordinary. What we need is to love without getting tired. Be faithful in small things because it is in them that your strength lies.

— Mother Teresa





Gratitude isn't just about being thankful. A daily practice of gratitude, such as this journal has been proven to improve one's overall mental and physical wellbeing by shifting one's focus away from negative thinking. Here are just a few studies that have been done to measure the positive effects of keeping a gratitude journal:

- In Praise of Gratitude - Harvard Health  
[https://www.health.harvard.edu/newsletter\\_article/in-praise-of-gratitude](https://www.health.harvard.edu/newsletter_article/in-praise-of-gratitude)
- In praise of gratitude - Harvard Health Blog - Harvard Health Publishing  
<https://www.health.harvard.edu/blog/in-praise-of-gratitude-201211215561>
- Gratitude Practice Explained - Yale Center for Emotional Intelligence ...  
[ei.yale.edu/what-is-gratitude/](http://ei.yale.edu/what-is-gratitude/)
- Gratitude as a Psychotherapeutic Intervention - Yale Center for ...  
[ei.yale.edu/wp-content/uploads/2013/11/jclp22020.pdf](http://ei.yale.edu/wp-content/uploads/2013/11/jclp22020.pdf)

For more information on my life coaching services and a free 30 minute discovery session visit: [www.susandolci.com](http://www.susandolci.com).