

Day 26

Day 27

Day 28

Day 29

Day 30

For all of these blessings in
my life, I am eternally grateful

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Mindfulness Practices Dedicated to
Building an Attitude of Gratitude



30 Days Of Conscious
Gratitude

Dr. Dennis Merritt Jones

The Power Of Gratitude



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." ~ Melody Beattie

I never cease to be amazed at how often people tend to focus on what they don't have in life rather than the incredible good they do have. An attitude of gratitude automatically brings with it a shift in consciousness which says: I am open to receiving with a grateful heart. In these times of great challenge in our world, there could be no better opportunity to practice an "attitude of gratitude" in our giving *and* receiving. We have the opportunity to reflect upon the good in our lives regardless of how empty we might determine our glass to be and remember Saint Paul's words: "In all things, give thanks." If we look deeply enough we will find blessings even in things, and events that, on the surface, we might tend to judge as negative.

I invite you to use this Journal for the next thirty days. Each day list three things for which you are grateful, from the tangible to the intangible (the gift of life, a non-toothache day and so on). At the beginning of each subsequent day begin by reading what you have written from Day 1 of your Journal and then add three new things to the list for the current day. You will discover that at the end of thirty days you will have deeply seeded within your consciousness the good already existing in your life and the seeds for new and expanded good in your future. Always remember, the Universe conspires for your good. It's up to you to enter into the flow to receive that good. May you always remember that conscious gratitude is an essential key to activating abundance in every area of your life.

Peace, Dennis

Everywhere I look I
discover life's
blessings

Day 21

Day 22

Day 23

Day 24

Day 25

Day 16

Day 17

Day 18

Day 19

Day 20

I give as I do receive,
freely and abundantly

It is with heartfelt gratitude that I create
this list. I give thanks for the following
blessings in my life, knowing I am one with
the Source from whence they come.

Day 1

Day 2

Day 3

Day 4

Day 5

The abundance of life
is mine to share with all

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

I am an open and receptive vessel
through which all good flows