

## 21 Days of Gratitude

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What Are You  
Grateful For  
Today?

21 Days of Gratitude for More Abundance and Clarity  
ShareYourBrilliance.com

## 21 Days of Gratitude

Embracing gratitude to create more abundance and clarity, will require creating new habits, commitment and focus. In this journal, you have access to twenty-one gratitude exercises. These are designed to help you maximize your efforts and make your life as joyful and stress-free as possible.

Gratitude has a habit of spilling over into every aspect of your life—especially when you honor your body and mind with exercise, good food, rest and mindfulness. It's like sunshine on a dark day. May these exercises serve you well and enrich your life!

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## Surround Yourself with Beauty – Day 1

Look for ways to add visual beauty to your surroundings. Treat yourself to fresh flowers every week. Get rid of clutter. Find ways to incorporate photographs to bring beauty into everyday items such as your coffee mug, your mouse pad, your pens, your inspirational posters—and more.

*What Can You Do to Surround Yourself with More Beauty in Your Environment?*

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**Day 1 - Surround Yourself with Beauty**

“ Look for ways to add visual beauty to your surroundings.

Get rid of clutter.

Treat yourself to fresh flowers every week.

Surround yourself with images that inspire you and bring you peace.

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## Dress for Success – Day 2

Each day, get up in the morning and dress for success. Your business and your lifestyle will determine what this means for you. Whether you wear a business suit or casual clothing, you want to look sharp and put together. Make sure what you are wearing fits well and is comfortable. This will boost your confidence and allow you to focus on the tasks at hand.

*Describe What “Dress for Success” Means to You in Your Life*

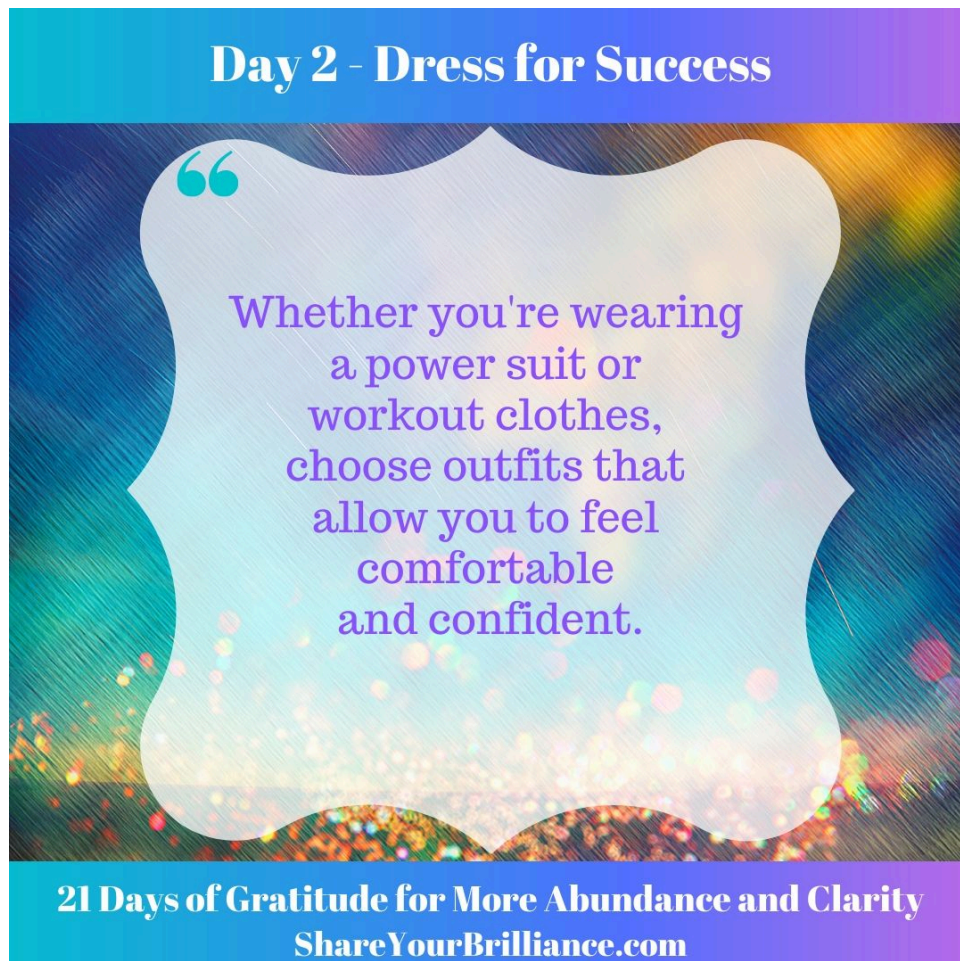
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## Incorporate Color Therapy – Day 3

Color has been shown to enhance mood ... or knock it down. Now is the perfect opportunity to step out of your comfort zone and wear colorful clothing to boost your mood. Embrace your joyful side and see where else in your life you can use color to boost your mood and enhance your gratitude practice.

*How Can You Incorporate More Color into Your Life?*

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**Day 3 - Incorporate Color Therapy**

“Wear gorgeous, rich and vibrant colors to boost your mood.

Embrace your joyful side.

Reflect on where in your life you can use color to boost your mood and enhance your feeling of gratitude.

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## Practice Gratitude Waking and Falling Asleep – Day 4

The quickest way to get into the habit of gratitude is to find a consistent time each day to reflect on what you're grateful for. One ideal time is the first thing in the morning—before even opening your eyes. Think of three things you are grateful for. Another ideal time is when your head hits the pillow at night. Think of three things you are grateful for that happened during the day.

*When Would Be the Best Time of Day for You to Reflect on Gratitude?*

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### Day 4 - Practice Gratitude All Day Long

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First thing each morning,  
reflect on three things  
you're grateful for.

At the end of each day, journal  
about three things you're  
grateful for that happened  
during the day.

Focusing on gratitude will  
bring more of what you do want,  
into your life!

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## Heal Relationships with Gratitude – Day 5

As human beings we may get angry or upset with someone. There is a practice of “never letting the sun set on your anger.” No matter how upset you are with someone, don’t go to bed without telling them something you love or appreciate about them.

*What is Something You Love About Someone You’ve Been Upset With?*

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## Find Small Things You Take for Granted – Day 6

Sometimes we miss the things we should be most grateful for. Instead, we take them for granted. As you go through each day, look for things to be grateful for. The more you express your gratitude, the more you'll notice.

*What Are Some Seemingly Small Things That You've Taken for Granted?*

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## Volunteer Your Time – Day 7

Nothing helps us see our blessings more clearly than volunteering to help those who are in pain or in need. You may already be donating money to do your part—and that's wonderful. But volunteering your time, takes things to the next level. When you help others, you quickly learn that you are the one blessed, with something to be grateful for.

*Where Are Some Places You Can Volunteer in Your Community?*

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## Be Grateful for Your Business – Day 8

Think of something that happened in your business today that made you happy or made you feel enriched? Which client had a breakthrough or made you feel appreciated? Which team member came through for you, or caught a potentially costly mistake? Don't forget to let others know how much you appreciate their actions, even the small things. A little appreciation can go a long way towards increasing joy in your life and the life of others.

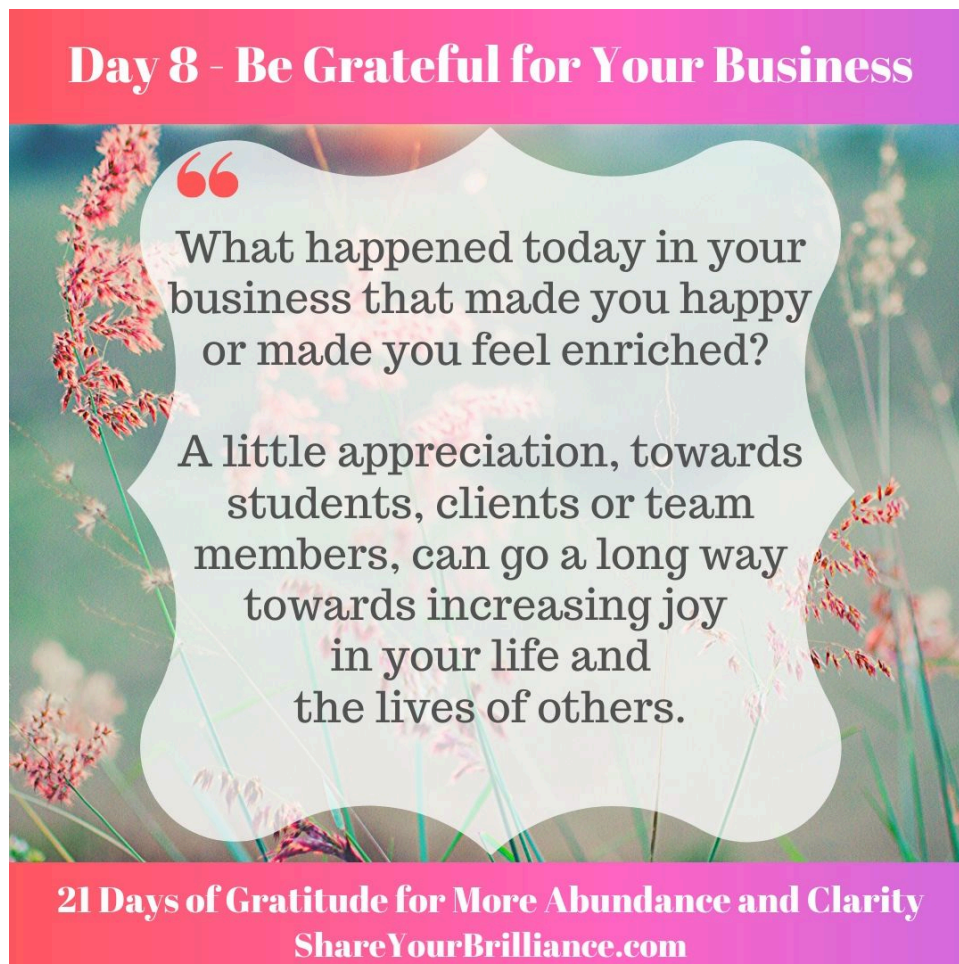
*Who Are You Appreciative of in Your Business?*

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## Reframe Your Conversation – Day 9

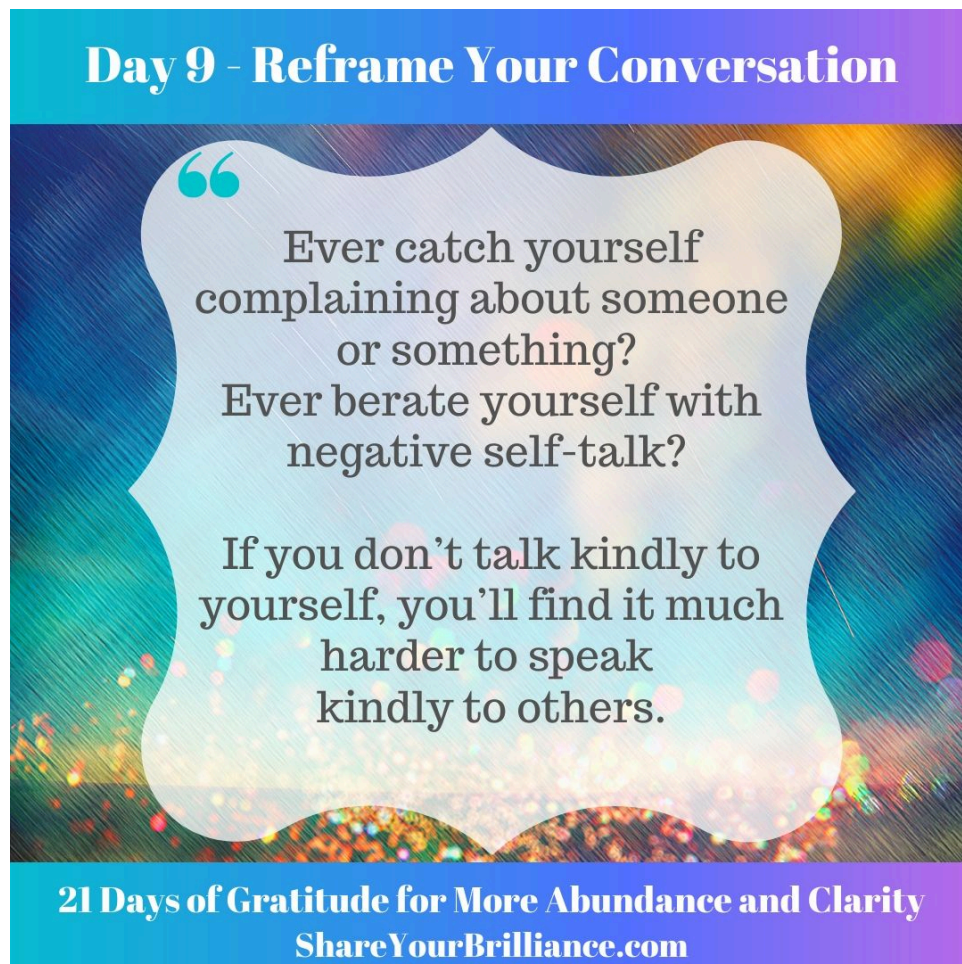
Have you ever caught yourself complaining about someone or something? Do you berate yourself with negative self-talk? Breaking those habits can have a huge and positive impact on your life. No matter how justified the former might be, you hurt yourself when you fall into negative thoughts. If something is wrong, tell the person directly and do your best to resolve it. Don't complain in a forum or gossip with your best friend. As for negative self-talk, try reframing things and speak to yourself the way you would speak to your most beloved friend or family member.

*What Can You Do to Reframe Your Conversation to Focus on the Positive?*

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## Forgive Yourself and Others – Day 10

Forgiveness is a wonderful healing tool, especially when you let go of old griefs and long-standing hurts. It often helps us more than it helps those we forgive. Forgiving does not mean forgetting. You can forgive someone, but not allow them to repeat hurtful behavior. Forgiveness is liberating. It is an act; not a feeling, just as you are not your mistakes. You are a whole person who loves and evolves and grows. So, while you are forgiving others, be sure to forgive yourself.

*What Can You Do to Forgive Yourself (or Others) for Mistakes Made?*

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### Day 10 - Forgive Yourself and Others

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Forgiveness is liberating. It is an act; not a feeling ... just as you are not your mistakes.

You are a whole person who loves and evolves and grows.

So, among all the other hurts and humiliations and mistakes you are forgiving, be sure to forgive yourself too.

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## Write Thank You Letters – Day 11

Think of people in your life who make your life better. Write them thank you letters ... even if you never send them. Putting in words what you appreciate about the people in your life (past or present) is a wonderful way of creating neural pathways of gratitude in your brain.

*Write a Thank You Letter to Someone in Your Life*

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### Day 11 - Write Thank You Letters

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Think of people in your life who make your life better. Write them thank-you letters, even if you never send them.

Putting in words what you appreciate about the people in your life (past or present) is a wonderful way of creating neural pathways of gratitude in your brain.

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## Say Your Own Grace – Day 12

“Grace” is a form of expressing gratitude. Even if you’re not particularly religious, say “Grace” when you put on a meal for family and friends. You can express your gratitude in the form of a prayer or in the form of a gratitude statement. Simply tell those at your table that you are grateful for each one of them, and why.

*What Might You Say for Grace at Your Next Meal?*

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**Day 12 - Say Your Own Grace**

“Take a moment to say "grace" and express what you are grateful for, before every meal.

You can say a prayer or simply share with those at your table, what you are grateful for.

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## Don't just Say Thank You – Day 13

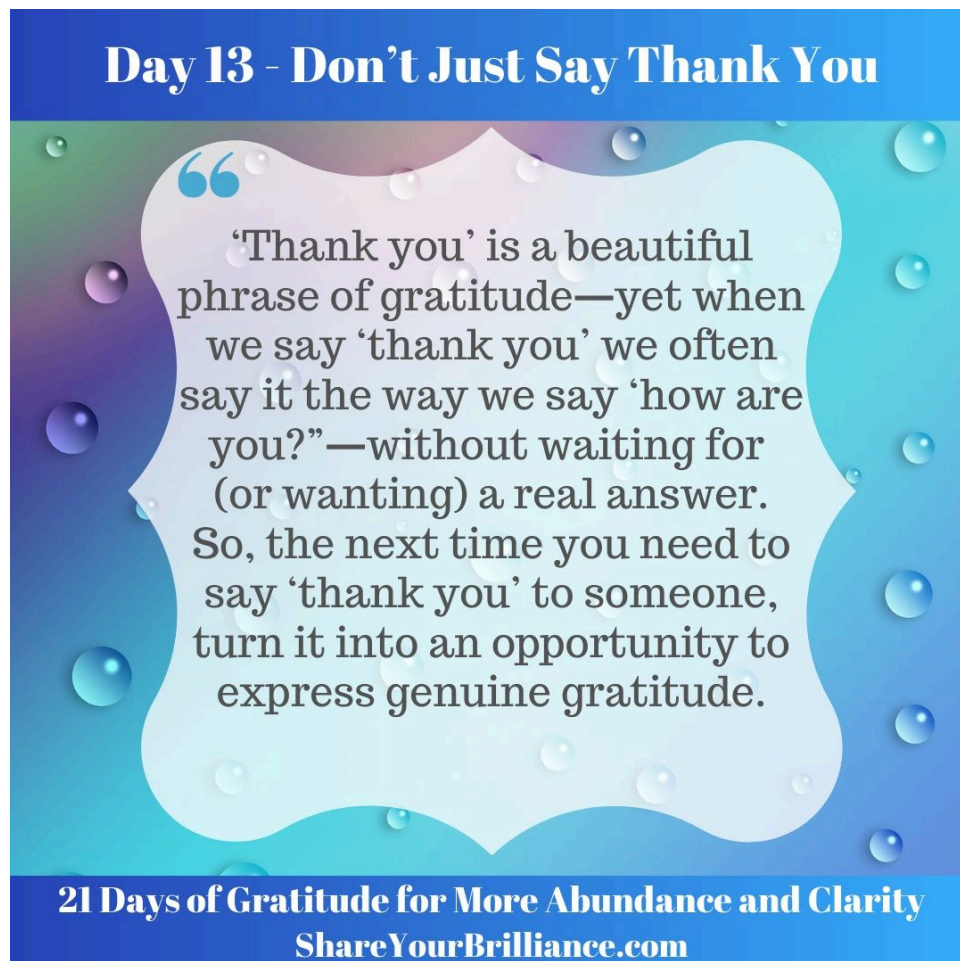
'Thank you' is a beautiful phrase which expresses gratitude—yet when we say, 'thank you' we often say it the way we say, 'how are you' or "your welcome" —automatically, without waiting for (or wanting to hear) a real answer. So, the next time you need to say, 'thank you' to someone, turn it into an opportunity to express genuine gratitude. Acknowledge what you are thankful for and note any sacrifice that was made for your benefit. Not only will that person feel truly appreciated, but your mindful gratitude will warm your own heart too—and remind you how truly lucky you are.

*Write a Thank You Note to Someone You Appreciate*

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## Re-read Old Journal Entries – Day 14

Your old journal entries hold valuable information. Go back through your entries one or more times each year. As you go through these entries, create a list of things you are or were grateful for. Keep this list somewhere handy, such as the front or back of your current journal, so you can go back whenever you're feeling down or need a boost, to remember so you can count your blessings.

*Look Through Your Current or Previous Journal and Make a Gratitude List*

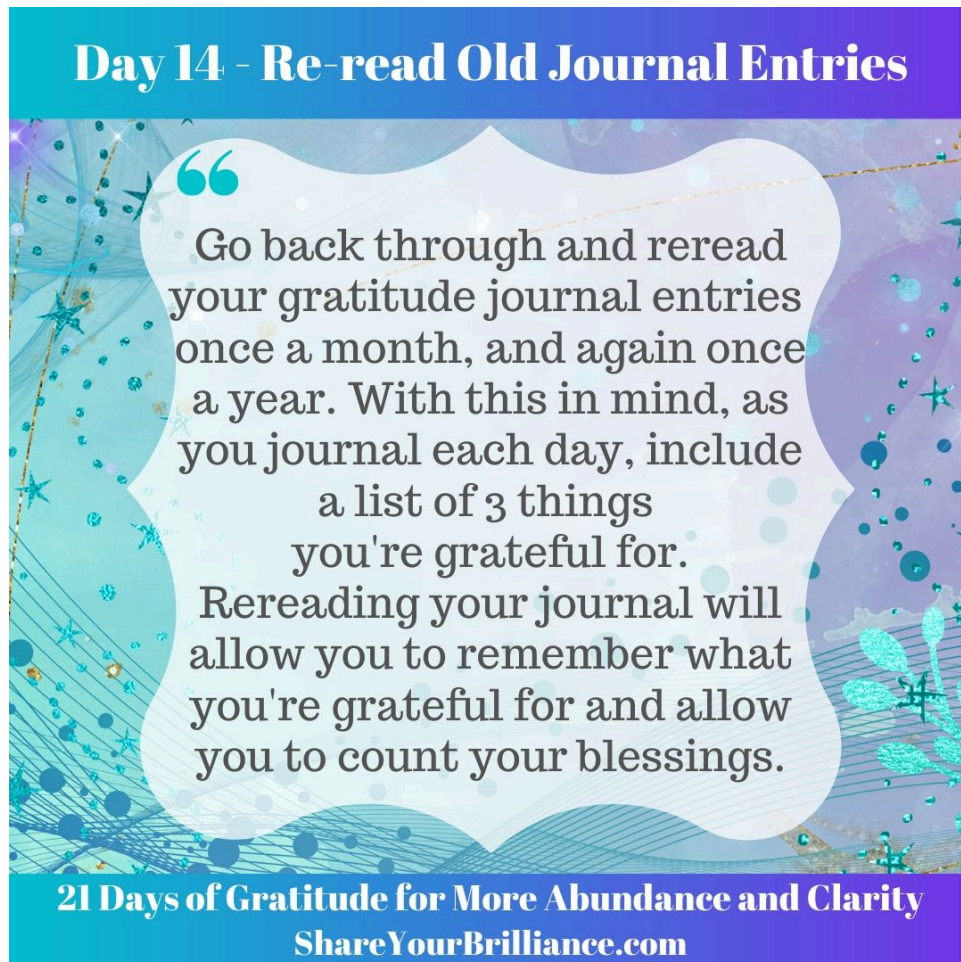
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**Day 14 - Re-read Old Journal Entries**

“Go back through and reread your gratitude journal entries once a month, and again once a year. With this in mind, as you journal each day, include a list of 3 things you're grateful for. Rereading your journal will allow you to remember what you're grateful for and allow you to count your blessings.

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## Be in the Moment – Day 15

Get into the habit of stopping yourself several times each day simply to notice what you are doing and how you are feeling. Notice the sun shining, if it's a sunny day. Notice how clean and pretty your office looks. Notice a bouquet of fresh flowers. Notice a cute note or drawing from a family member. As you go through each day, look for things to be grateful for each moment.

*In This Moment, What Are You Grateful For?*

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**Day 15 - Be in the Moment**

“  
Get into the habit of stopping  
yourself several times a day,  
simply to notice what you are  
doing and how you are feeling.  
Notice the sun shining on a  
sunny day. Notice the beautiful  
bouquet of flowers on the table.  
Say to yourself, “I am alive in  
this moment, and I am grateful  
for the gifts in my life.”

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## Be Specific – Day 16

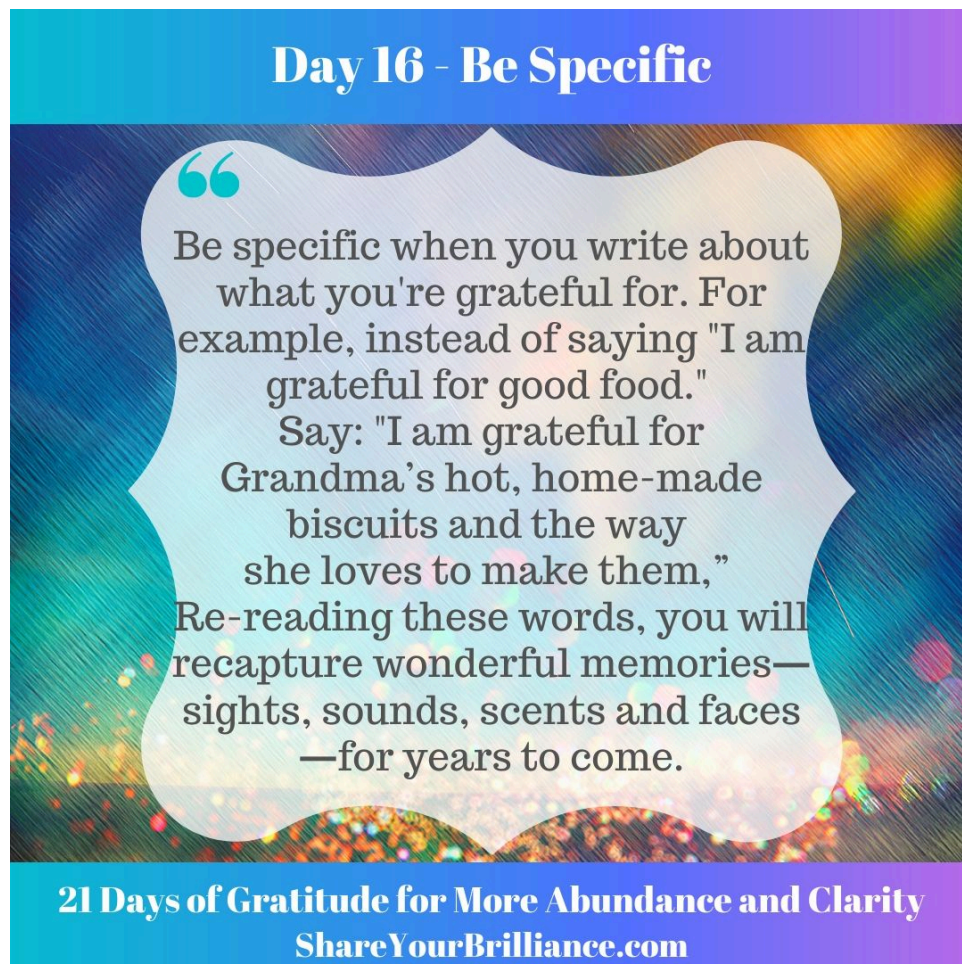
Take the time to detail the things you are grateful for. Get in the habit of being specific. For example, don't just say, "I am grateful for good food". Really think about what you just ate (or are about to eat) and describe it in your journal. It will have a much richer meaning for you, when you go through old journals, years from now. "I am grateful for Grandma's hot, home-made biscuits and the way she loves to make them," is far more meaningful than "Had good food today". Re-reading your own words, will help you recapture wonderful memories—sights, sounds, scents and faces—for years to come.

*Be Specific and Describe Something You Are Grateful For*

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**Day 16 - Be Specific**

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Be specific when you write about what you're grateful for. For example, instead of saying "I am grateful for good food." Say: "I am grateful for Grandma's hot, home-made biscuits and the way she loves to make them,"

Re-reading these words, you will recapture wonderful memories—sights, sounds, scents and faces—for years to come.

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## Make Yourself a Gratitude Template – Day 17

If certain things you've expressed gratitude for in your journal really resonate when you re-read them, use those comments to inspire a template for the way you write down other expressions of gratitude. In addition to what you're grateful for, you may also want to list things like: *Why* you are grateful, *Who* you're grateful for, etc. (You may find more ideas for what to record, in journals you've seen or used previously.)

*What Types of Things Would You Like to Record in Your Gratitude Journal?*

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### Day 17 - Make a Gratitude Template

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If certain things you've expressed gratitude for in your journal really resonate when you re-read them, use that comment as a template for the way you write down other expressions of gratitude such as:

What I'm Grateful For Today  
The Best Part of My Day  
Etc.

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## Take the Time to Find the Right Journal – Day 18

Not every journal works for every person—and if you go to Amazon.com and search for “gratitude journals” you’ll find they can be as varied as snowflakes (and almost as prolific!) Take the time to find a journal that works with your learning and communication style. If you’re a visual learner, find one with pictures or illustrations you find inspiring. If you are factual and left-brained, look for journals that provide lists. If you adore nature, choose a journal that contains images of beautiful places. And so forth. Having the right journal can increase the chances that you’ll stick to your 21-day gratitude commitment ... and beyond.

*Describe Your Ideal Journal*

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**Day 18 - Find the Right Journal**

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Not every journal works for every person—and if you go onto Amazon.com and search for “gratitude journals” or “daily journals” you’ll find a wide variety to choose from. Having the right journal, one that you love to write in, increases the chances that you’ll write in your journal on an ongoing basis.

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## Keep it Short – Day 19

If you're someone whose only habit is not creating new habits and aborting challenges, then it is especially important to keep your new methods and gratitude/mindfulness practices short. For example, don't force yourself to meditate for an hour, if you've never done it before. Start off with Do five minutes of meditation—not fifty. Don't force yourself to write fifty things you're grateful for—start out with a number you can easily achieve. Write down three things you are grateful for (not thirty). Less is more, especially when starting out.

*Write Down Three Things You're Grateful For*

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## Write Testimonials – Day 20

Write testimonials for people in your life. Note what they contribute to your well-being or business, personality traits you admire or enjoy and at least one detailed example of how they put their skills or values into practice. Even if you don't plan to share these 'testimonials' yet, you will affirm or re-affirm their value in your own eyes and it will show up in your interactions—as well as being ready-at-hand should a former client or contractor ever ask you for an actual testimonial.

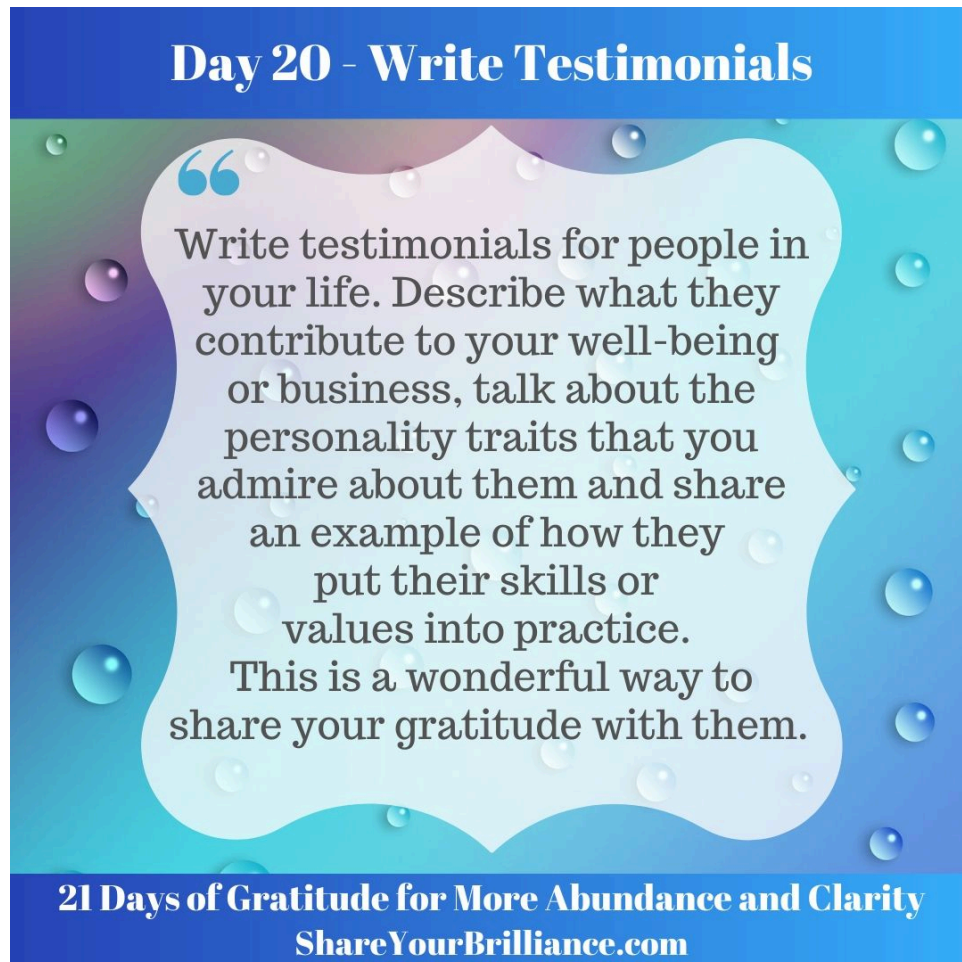
*Write a Testimonial for Someone in Your Life*

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## Pass Your Gratitude On – Day 21

Getting into the habit of passing on your gratitude—doing or saying things that show people how much you appreciate them, or sharing positive things that you are thankful for and love—can be catching. It can transform relationships, shift negative office atmospheres to positive ones and change lives—and businesses—for the better.

*What Can You Do to Pass on Gratitude in Your Life?*

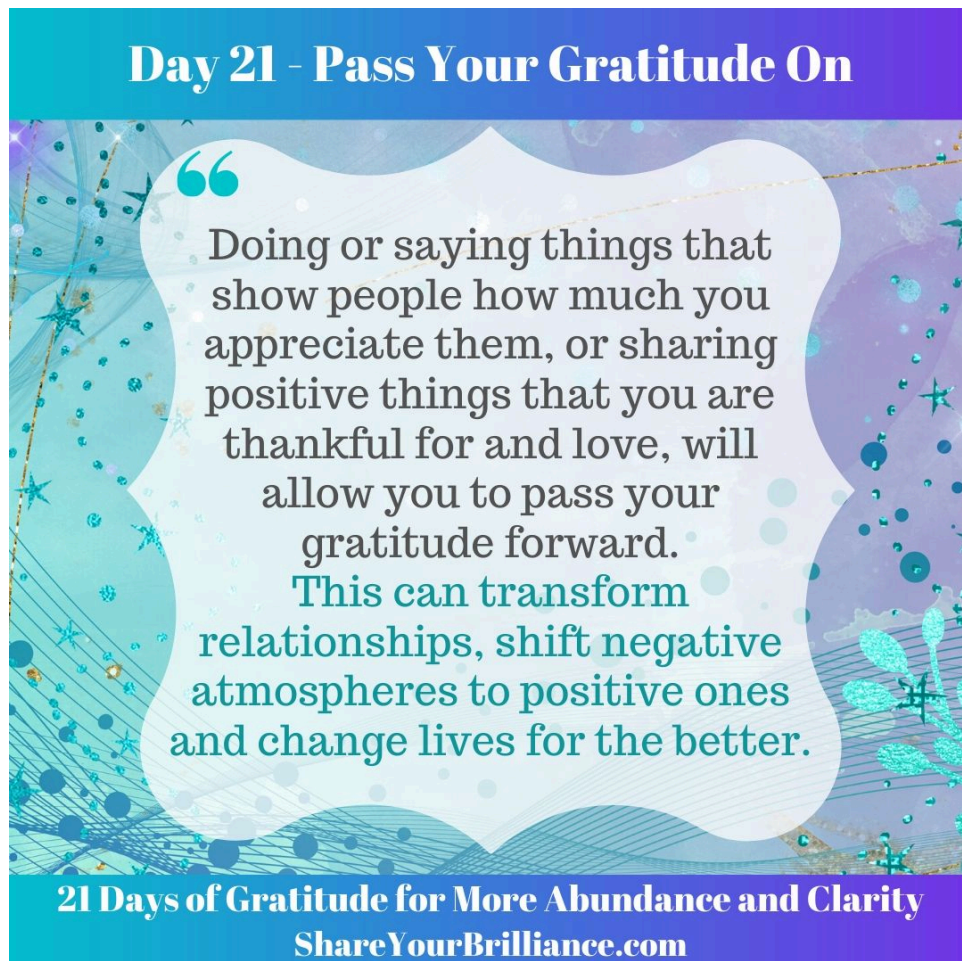
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## Keep Your Gratitude Habit Going

It takes 21 days to create a new habit. Now that you've been journaling what you're grateful for, for 21 days, there's no need to stop. Keep your gratitude habit going. Print multiple copies of this page or get a dedicated gratitude journal and continue your daily practice of writing about what you're grateful for.

*My Daily Gratitude Journal – Today's Date:* \_\_\_\_\_

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