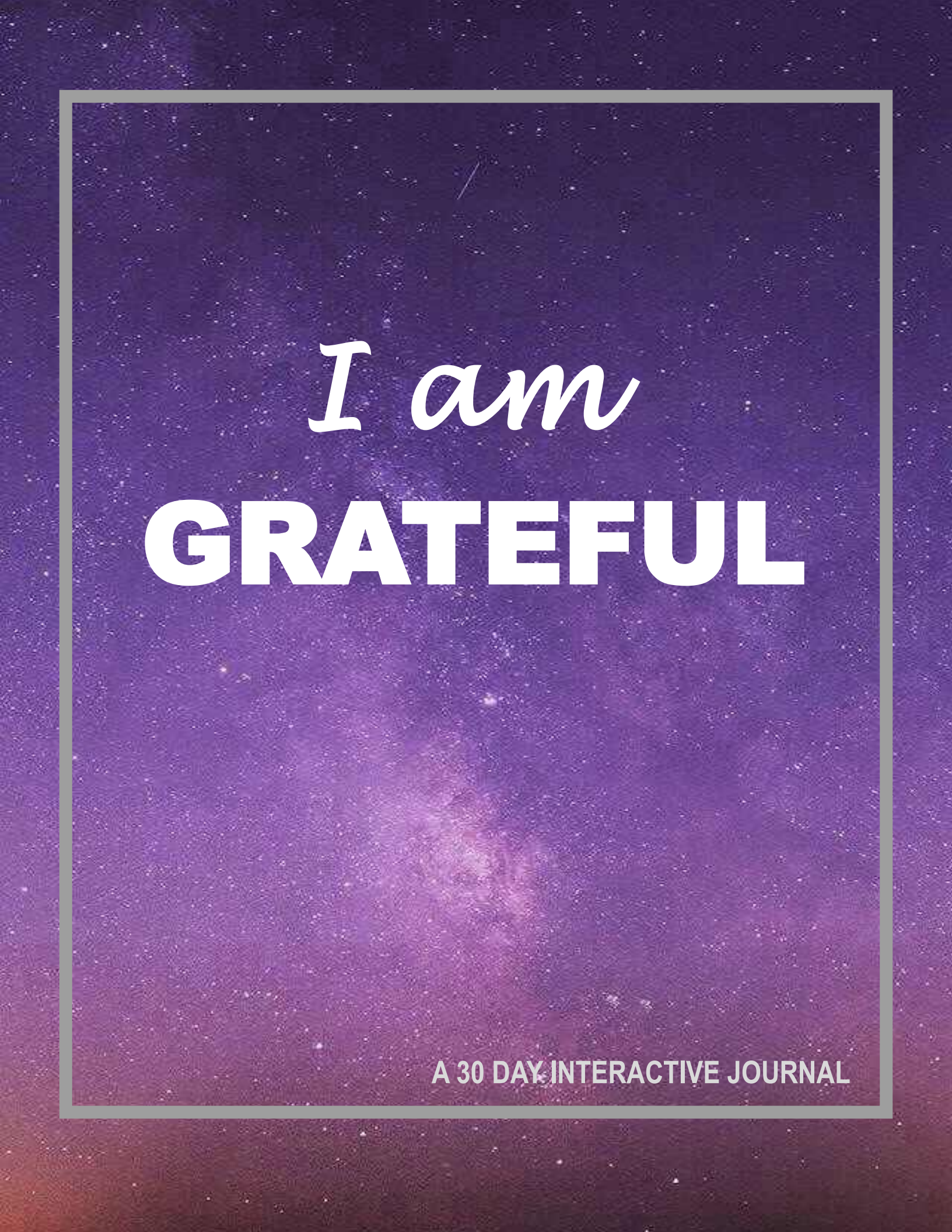

I am
GRATEFUL
A 30 DAY INTERACTIVE JOURNAL

disclaimer

> This workbook provides you with the framework to cultivate gratitude. It does not guarantee happiness, peace or any material outcome by its completion. Only you can be the facilitator of change and it is your daily efforts and willingness to affirm the goodness in each day that will be truly transformative.

For you
For me
May we live the dreams we didn't even know we had
And trust that we are always being guided

table of contents

6 intention + introduction
7 What is gratitude?
8 The WHY behind gratitude

10 *Gratitude Workbook*

11 How to use this workbook
12 Days 1 - 6
18 Week 1 Intermission
20 Days 7 - 14
28 Week 2 Intermission
30 Days 15 - 22
38 Week 3 Intermission
40 Days 23 - 28

46 *Making Space*

47 Day 29: Gratitude Reflection
49 Day 30: Getting Clear

52 *Gratitude in Action*
53 *Resources*
54 *Blank Gratitude Workbook page*



- danielle laporte

intention + introduction

> I promise you nothing is as chaotic as it seems. Nothing is worth your health. Nothing is worth poisoning yourself into stress, anxiety, and fear.
>
> *- steve marboli*

Practicing gratitude is a profound life tool for cultivating an abundant and connected life. It gives you the permission to feel joy, ask for what you want, and receive love.

What we practice, is what we build. The negative thoughts and beliefs that we commonly indulge in are simply patterns. They've created grooves (aka neuropathways) in our brains, because our brains are accustomed to that habit of thinking. Our brain is simply doing what it's always been doing (for better or for worse).

So maybe some tough times have taught your brain to perceive life in a difficult way and ever since, you've subconsciously programmed your patterns of thinking to reflect those tough times. Now, your brain just keeps looking for evidence to prove itself right. Far too often this scenario completely informs our relationship to life and creates a story of struggle, lack, and negativity.

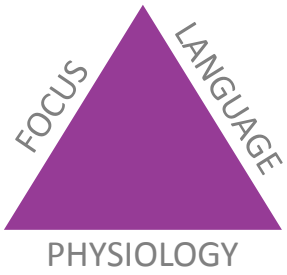
Experiencing contentment, joy and optimism each day are only a matter of re-training our brain to view things differently. This workbook is going to help you re-program those negative neuropathways and create new patterns of thinking by helping you become the master of your state.

In order to change our state, we have to change three things: our **Focus**, our **Physiology** and our **Language**:

Focus: *What are you focusing on? Is it what you don't have or what you do have? What do you believe? Are you buying into faith or fear?*

Physiology: *How are you standing, moving, breathing or using your body? Are you engaging in action that supports how you want to feel?*

Language: *How are you speaking to yourself? To your circumstances? Are you using your words to describe your life or to transform your life?*



Implementing a gratitude practice enables us to change our state. When we turn our attention (FOCUS) to what we DO love about our life, we begin to experience positive emotions. Those positive feelings allow us to take positive actions (PHYSIOLOGY). Even more, when we cultivate an active gratitude practice - when we write out 3 things each day for which we are grateful - we consciously participate in changing our state by using LANGUAGE that allows us to see the greatness available in each moment.

WHAT IS *gratitude?*

gratitude is...

expressing thankfulness in your thoughts, actions, and words.

It is appreciating what you have in your life, what you experience in the world, and the people inside it.

It is recognizing the gifts that you have been given: material, physical, environmental, emotional, circumstantial. From the air you breathe, to the new iPhone you got for Christmas, the power of feeling Gratitude is transformative.

Gratitude is a verb. It is the conscious act of bringing your attention to that which you want to appreciate.

Gratitude is a feeling. It is the energy behind your words of appreciation.

It is the internal dialogue you have with yourself about the objects, people and experiences in your life.

Gratitude is a choice and a constant practice.

Gratitude is a tool - the first practical action towards cultivating a mindset of positive thinking.

Gratitude can be a way of life - a way that leads to foundational happiness.

Gratitude takes a bit of effort in the beginning, but can transform into a habit where we cultivate happiness.

The magic of Gratitude brings you inside your life, the shape of it right now.

It is a quick fix for worrisome thoughts. It is the antidote for anxiety. It suffocates fear.

Gratitude is contagious. Gratitude is transformative. Gratitude is exponential.

When you begin to say thank you for all the you have, you truly begin to notice all that you have to be thankful for. That attracts even more things to be thankful for.

When we stop focusing on what we DON'T have and focus on what we DO have, we open the floodgates to true abundance.

Gratitude is what you want and Gratitude will give you what you want.

THE WHY BEHIND *gratitude*

> Our suffering does NOT want to be denied or avoided, or glossed over with thankfulness... When we paint over pain with premature or unexamined gratitude, we're actually delaying our healing.
>
> *- danielle laporte*

In order to get what we want, we've got to love what we're already got. It seems counterintuitive right? We want what we want, so why not go after what that is? Here's the problem with wanting: it spells l-a-c-k. Lack says *I want this but I don't have this*. It invites fear in. It keeps us in a stuck state. Getting out of lack and into a state of gratitude isn't about glossing over the lack with thankfulness. Gratitude doesn't magically make all the problems or suffering disappear. Instead by focusing on what we DO like in our life and allowing ourselves to feel the goodness in that, we're able to find the perspective in our struggles and view them as learning opportunities.

Life can be difficult at times, but if we don't internalize or associate with the struggles we experience, they can pass through and we can move forward. When we allow ourselves to fully accept our current circumstances, we give ourselves permission to let go of how we SHOULD feel, how we SHOULD behave, how we SHOULD be. From there we can step into what our emotions are trying to tell us about the current direction of our life.

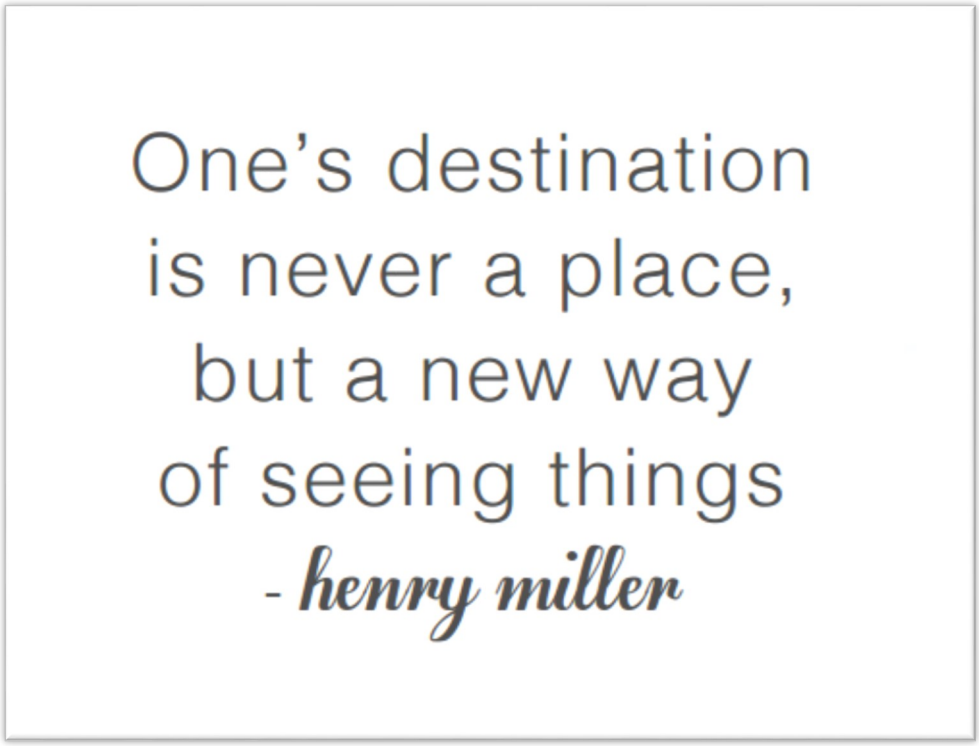
Pain is meant to wake us up. And when we fully feel what we have been emotionally resisting, the emotions can then pass through us. Acceptance simply means to feel our feelings - to feel our feelings without judgement. In truly feeling them, we no longer allow them to be emotional road blocks sustaining our limiting beliefs and self-sabotaging behavior. Feel the feelings, and let them go. Whether it is conscious or subconscious, our resistance towards certain emotions and circumstances are actually perpetuating them - we keep them alive by giving them mental space.

Ask yourself, *How do I feel?* Once you've identified the feeling, try to identify where you feel it. Notice the physical sensations (i.e. tingling, heaviness, a knot in your stomach, nausea, etc.). This exercise will help you become familiar with the process of feeling your feelings as something you are just experiencing. It's like a rainy day. It is what it is, right? It's not something you can control but it's also not something you attach extraneous meaning to or take personally. You accept it for what it is. Same principle here.

As you cultivate your gratitude practice, you may come to realize just how ridiculous certain emotional reactions may be. Or, you may come to realize how much you actually can't stand certain areas of your life as you begin to realize just how GOOD other areas feel. But here's a very important distinction: gratitude is not about belittling our suffering, ignoring emotional pain, or coping our life away. It is not about putting up with circumstances in our life that we are not truly happy about. **Let us be grateful for the things we are really grateful for, and hate the things we hate.**

Gratitude is a matter of focusing on what we DO like in our life, the gifts that we may take for granted. Focusing on the gifts of our life will shift the focus of our mind away from what's not working and ONTO to what is working.

Gratitude is a starting point. It is a tool to cultivate awareness. It is a tool to train the mind to expect the best, for yourself and others. It helps prime your subconscious for emotional healing and growth. Ultimately, gratitude is the first step in positive thinking and in cultivating a mindset that sees past the obstacles - one that sees those obstacles as learning experiences and as gathering information. Gratitude supports you with a solid foundation to build your life upon. It can become your emotional set point that brings you back to the truth about life. This truth is one of infinite abundance, incredible support, and endless love, but you can't feel this truth or use it to your advantage when you don't choose to see it.



gratitude workbook

HOW TO USE THIS *workbook*

The format of this workbook is simple:

Intention: each day you'll find a daily intention to hold for the day. You can choose to simply read the intention, or, you can let it be your guiding post for finding moments of gratitude throughout your day.

Gratitude: Each day write 3 things you are grateful for. The items don't need to be profound, elaborate or complicated. They only need be specific. Even if the only thing you are grateful for is that you've got two working legs, two arms and two sets of eyes, write it down. The small stuff matters too. Write your 3 things at the **end** of your day. The end of the day is the most ideal time as it allows you to reflect on the entire day and to end your day in gratitude so that you can carry that focus into the next morning.

Action: These are optional exercises that take your gratitude to the next level. You can find a whole list of gratitude exercises on page 51. If you decide to complete a gratitude exercise that day, mark it on your daily page.

DAY 1

DAILY INTENTION

Today I choose to feel gratitude.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 2

DAILY INTENTION

My mind is always right. Whether I chose to see positively or negatively, that is what I get.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 3

DAILY INTENTION

The words I say to myself
and others are powerful.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 4

DAILY INTENTION

Obstacles are only a matter of perception.
Everything is just a lesson.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 5

DAILY INTENTION

I chose to make time for myself.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 6

DAILY INTENTION

I forgive my negative thoughts.

today I'm *grateful* for...

today I cultivated *grateful* by...

intermission

fear + the monkey mind

Our bodies are programed to see the danger of life. It is a part of our survival mechanism and what keeps us alive.

Sometimes it can feel as if our default thought pattern is to find the negative in things; see the problems; see the potential dangers. It is "responsible" to consider all the negatives of a situation. However, that thought pattern of responsibility can escalate into a mindset that focuses solely on the obstacle.

It is almost like there is a comfort that can be found in being consumed by fear. In that space of micro-focus, we are able to deflect the bigger, scarier and more paralyzing thoughts that are truly standing in our way. This behavior holds us back from our destined greatness, keeping us in the dark. There is a certain safe-ness inside the worry. Our fear is predictable, reliable, and certain. It is much easier to obsess and beat yourself up over perceived flaws and obstacles, than to face the deeper rooted pain and beliefs about the circumstances in your life that you are really unhappy about.

But here's the truth: Focusing on the fear is not constructive, helpful or supportive. It is actually hurtful. When your mind focuses on negative outcomes, that is what it ends up seeing. That is what it ends up getting. Whether you are looking at it from a psychological or spiritual perspective, your subconscious mind is always trying to prove itself right, good or bad. Your subconscious says YES to whatever you tell it.

Retraining our mind is a constant practice, rather than something to attain.

Gratitude and optimism on the other side of obstacles, builds a foundational resilience and an inner strength that is a keystone in the journey of life. While your fears may never completely disappear - in fact if you're playing full out, you'll always have fear - the consistent practice of gratitude helps you realize that your fears are not quite as heavy or real as your mind makes them up to be. By cultivating the garden of your mind through gratitude, awareness, and presence; you begin to plant seeds to grow and transform yourself into a strong and connected forest of positivity.

DAY 7

DAILY INTENTION

I release the things that do not serve me

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 8

DAILY INTENTION

I am becoming aware of the lessons life is teaching me.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 9

DAILY INTENTION

I am willing to heal and grow.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 10

DAILY INTENTION

I see my life with love.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 11

DAILY INTENTION

My happiness improves the world.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 12

DAILY INTENTION

I believe in my ability to figure things out.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 13

DAILY INTENTION

Love is the substance of life.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 14

DAILY INTENTION

I listen for guidance. The more quiet I am, the more I can hear.

today I'm *grateful* for...

today I cultivated *grateful* by...

intermission

positivity blockers

- Overzealous competitiveness.
- Ambivalence and indifference. When you are in touch with your truth, you can make a clear choice.
- Scarcity mentality. There's not enough to go around: not enough money, clients, market space, recognition, opportunities.
- Comparing yourself to others – feeling superior or inferior.
- Jealousy to the point that you can't wish the other person well.
- Preciousness to the point that you inconvenience others to get your needs met.
- Perpetual Anger. Anger can sometimes be useful and galvanizing and lead to more positive states of being. But most of the time, it is a major energy drain.
- Worry. Trust me, it is useless.

AN EXCERPT FROM "THE DESIRE MAP" BY DANIELLE LAPORTE

DAY 15

DAILY INTENTION

I trust myself.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 16

DAILY INTENTION

The most important thing is the way I feel.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 17

DAILY INTENTION

My challenges are my greatest lessons.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 18

DAILY INTENTION

Today I chose to be fully present with my life.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 19

DAILY INTENTION

Giving love creates more love in the world.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 20

DAILY INTENTION

I let love in.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 21

DAILY INTENTION

My life is unfolding exactly as it should.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 22

DAILY INTENTION

Success begins with my mindset.

today I'm *grateful* for...

today I cultivated *grateful* by...

intermission

love vs fear

> "Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life. Meaning does not lie in things. Meaning lies in us."
>
> *- marianne williamson*

Fear is a function of survival in our brain; we can't ever completely shake it. However, it is part of our evolution as conscious beings to trump the fear mechanism and CHOOSE love instead. Every single situation can be viewed with either love or fear. It is really that simple. The judgements you make of yourself and others, the anticipation of future situations, or the relationships in your lives can all be seen with either love or fear.

Love is part of evolution. Love is the meaning of life. Love is creation. Love is our human nature. But we often get our wires crossed. When things get tough, we lose perspective and we switch to survival mode and head towards fear. It is totally okay, and it is part of our journey to unlearn these patterns of fear.

To unlearn the patterns of fear, we have to see how deeply fear is infused in our lives. It's the judgement we make on others, the walls we hold up in our souls - it is every insecure thought we've had about ourselves. Fear hides in the constructs of our society and our beliefs for the possibility of our futures. Fear is a tricky little bitch, and we veil our fears with different words, emotions and feelings: jealousy, anger, anxiety, caution, insecurity, overwhelm, doubt, depression.

Living in love isn't about throwing your cares to the wind and living recklessly. It's also not about avoiding fear. **Fear is our greatest teacher.** It sheds light on what it is we need to evolve, what it is we need to heal in order to move forward. Only when we deal with our fear, can we heal those fears. And so living in love is about living from the intention of love, of creation. It's having the awareness to recognize when we are telling stories in our head or buying into old beliefs and then choosing to view those stories and beliefs in a new light.

So call fear on its shit the next time it shows up in your head and let love guide you instead. You'll see your happiness and connection expand. Choose to let love in.

DAY 23

DAILY INTENTION

Gratitude is the path to success.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 24

DAILY INTENTION

I give myself permission to shine.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 25

DAILY INTENTION

Anything is possible if I believe it to be so.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 26

DAILY INTENTION

The more truthful I am to myself, the more my life unfolds as I desire.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 27

DAILY INTENTION

Every step I take is closer
to where I want to be.

today I'm *grateful* for...

today I cultivated *grateful* by...

DAY 28

DAILY INTENTION

The universe is abundant and expanding for me.

today I'm *grateful* for...

today I cultivated *grateful* by...

making space

DAY 29

reflection + manifestation

On these last two days of our gratitude challenge, we're switching things up. You have done all the necessary work in the past 28 days to lay a solid foundation of appreciation and gratitude. You have done the work to create a fantastic energy that's set you up to start creating what you want next from your life

gratitude reflection

Reflect over the past 28 days: on the ah-ha moments you've had, the gifts you have experienced, the emotions you have unraveled, the feelings you have allowed yourself to feel, and the love you have let in.

How have you changed?

What changes have you made?

Have your relationships changed?

How are you feeling about your future?

What is your true hearts desire?

What are the obstacles you feel are still standing in your way, and how are you going to overcome them?

How have you changed?

What changes have you made?

Have your relationships changed?

How are you feeling about your future?

What is your true hearts desire?

What are the obstacles you feel are still standing in your way, and how are you going to overcome them?

DAY 30

getting clear

You have shifted your mindset to a space that chooses to see the good and this has helped you bring more presence and awareness to the circumstances of your life. Now that we're here, we're going to start looking forward.

Figure out what you DON'T *want*

Let's not spend too much time focusing on this one - but be sure to be honest and thorough here.

Figure out what you DO *want*

Dream one size bigger and when you feel your mind pulling back on the really big stuff, ask yourself why. Most of the time it is due to the pain you believe you will have to go through to get it. Imagine that pain doesn't exist and that time, money, fear, family and health are not obstacles. Instead choose to see those perceived challenges with ease.

Figure out what's standing in the way to what you *want*

Write out every block that you are experiencing, then below, write out the best solution you can think of. It doesn't need to be the END-ALL-be-all solution. Actually, the tinier, the better. The more direct and actionable you become in resolving the block, the easier it will feel to take those first steps.

Ask for what you *want*

Literally and figuratively. Ask your life. Ask yourself. Ask the universe. Then, ask the people in your life for what you want.

Let go of what you *want*

It's often our GRIPPING to life - our need for control - that is actually blocking those things from unfolding. Too much pressure on the dreams doesn't create diamonds. It creates disaster. Realize that, in all the things that you want, you only want them because of the feeling you think you'll have in attaining it.

what DON'T you *want ?*

Write down all the things you barely give yourself permission to think about. It's all good. Let it burn...

what DO you *want ?*

Dream one size bigger. Don't hold back or worry how you'll get there. Put it ALL on the line!

What's standing in the way to what you *want ?*

(Hint: it is most likely yourself and your beliefs about yourself and the world) Get broad. Get specific. Start planning action steps towards getting there. Just thinking about this is a win and will start its own cascade. Don't worry, you don't have to figure it all our right this second, just start.

Ask for what you *want*

Write a letter, or a list, to whomever you hold to be holy (maybe it is God, maybe it is your boss, maybe it is your mom), but get real comfortable in asking for it because you are going to need to keep asking for it to continue getting it.

Let go of what you *want*

Realize that everything you want, is only real because you believe you will feel better in the having of it. *So how do you want to feel? What's at the root of what you really want?* (Hint: it is something that you can reach for this very moment - it is a feeling, not a thing). *So, what's going to make you feel how you want to feel?* Start doing that. And keep doing it.

gratitude IN ACTION

These actions allow you not simply to hold an 'attitude of gratitude,' but to start behaving in grateful ways.

Write a letter

Think about someone who has made a positive impact in your life, someone who you would like to thank, someone you appreciate having in your life. Write a letter expressing your gratitude and be sure to list specifics - what is it you appreciate about them? And then send it!

Say "THANK YOU"

It sounds simple but we all too often get caught up in our day to day and forget these two words. While we may remember to thank our barista for our coffee or the stranger who held the door, we frequently lose sight of thanking those closest to us. Just say, THANK YOU and recognize the small actions of those around you that might otherwise be overlooked.

Take a gratitude walk

Go for a walk and make a special effort to appreciate your surroundings. Focus on using all of your senses. You might notice the smell of the flowers, an architecturally beautiful building, or feel a soothing breeze. Find new things you would otherwise not notice and savor the feeling.

Create a NO Whining zone

When gathering with friends (or even with a group of people in a social setting) avoid turning it into a complaining session. Start with some gratitude for what's happening in your life. The important thing to remember is that you may not be able to stop others from voicing their complaints, but you can refrain from joining in.

Say YES to your challenges

Instead of regretting your mistakes or feeling the brunt of failure, look at the challenges you have faced (or are facing) and be grateful for what you learned/ are learning. Especially if you're in the process of the learning, start to journal and reflect about what this challenge is bringing up for you.

Resources

Extra tools to keep your thoughts clear, your vibe high, and dive deeper into your true self.

Apps

- **Gratitude Journal by Happy Tapper**
  This app allows you to keep track of your daily gratitude lists and also allows you to capture grateful moments with photos.
- **1 Second Everyday by Cesar Kuriyama**
  1 Second Everyday puts together a thought-provoking narrative of your life. By capturing 1 second of your day each day, you are able to relive your best moments.
- **#Truthbomb by Danielle LaPorte**
  Best-selling author Danielle LaPorte gives you straight up wisdom. #Truthbombs will make you pause, motivate you to take action, and inspire you to think about life.

Gratitude Grams

Created by the John Templeton Foundation (and with help from fellow Sati Warrior, Clio Mallin), Gratitude Grams are sharable, customizable messages of thanks that you create and share with the people you are most grateful for. Upload a pic, write a message and share it via social media or email.
(http://elementofgratitude.org/create)

Books

- *The Desire Map* by Danielle LaPorte
- *The 7 Spiritual Laws of Success* by Deepak Chopra
- *The Four Agreements* by Don Miguel Ruiz
- *The Power of Now* by Eckhart Tolle
- *The Gifts of Imperfection* by Brene Brown
- *The Art of Happiness* by His Holiness the Dali Lama
- *The intenSati Method* by Patricia Moreno
- *The Gratitude Diaries* by Janice Kaplan

DAY

DAILY INTENTION

today I'm *grateful* for...

today I cultivated *grateful* by...