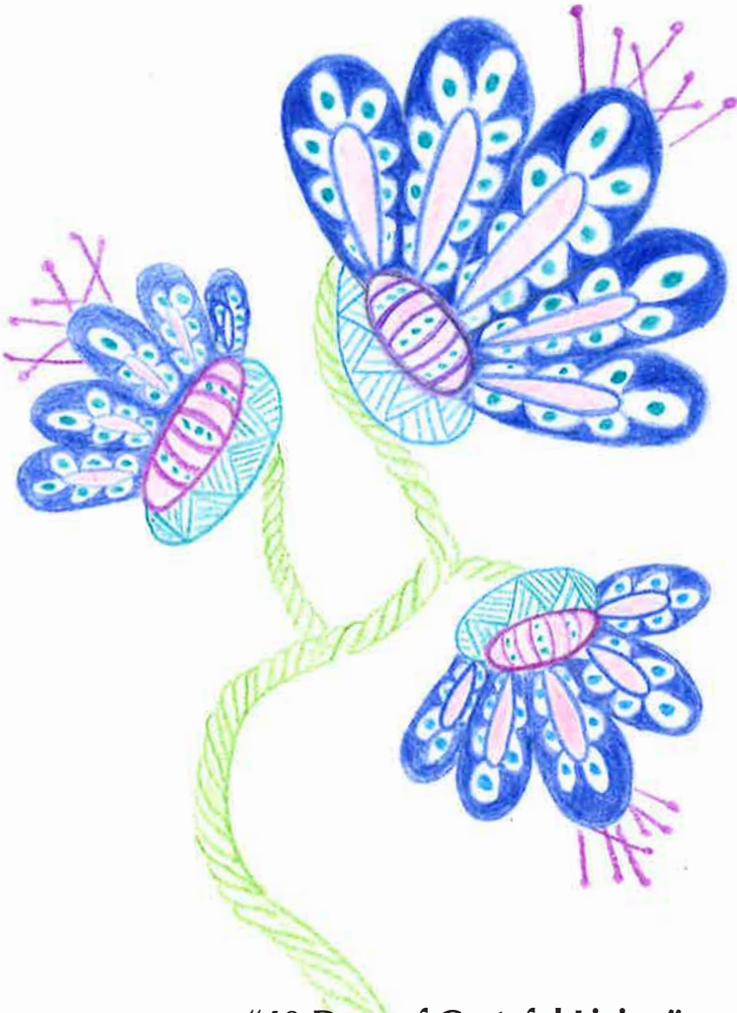


I AM

GRATEFUL



"40 Days of Grateful Living"
A Program Created by Unity of Phoenix Spiritual Center

Dear Readers:

Writing this Gratitude Journal has been a labor of love for me, because I know that whatever I am grateful for causes an energy that is the catalyst for bringing more good into my life. Whatever I bless, I get more of, and the more thankful I am, the faster my dreams are fulfilled.

This Journal begins on a Sunday and continues for 40 days. Our intention is for it to be used during the 40 days leading up to Thanksgiving Day ... but this book can literally be used year-round, whenever you want to begin. Each day has a word, followed by a quotation to ponder. As you prayerfully read the body of the text, allow Spirit to speak to your heart, and listen for that still, small voice within guiding you to expand your consciousness. There is plenty of blank space to record your thoughts, perceptions and insights.

This Journal was also designed to be used in conjunction with our Circle Groups. Each week as you meet in your Circle Group, you will be able to share from your own personal journey, as you walk the path to transformation alongside other Unity Truth students.

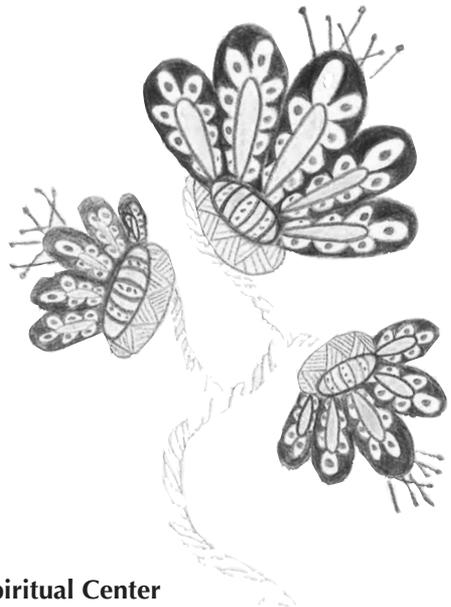
Enjoy the next 40 days of grateful living!

Blessings,

Rev. Lori Fleming

Pastoral Care Minister

Unity of Phoenix Spiritual Center




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Day #1:

Life

“The journey between what you once were and who you are now becoming is where the dance of Life really takes place.” Barbara De Angelis

I am grateful for the onward progress of my life that takes me forward into a new beginning filled with endless possibilities. It has been said that the road to the past is only the road to my future if I am walking backwards. As the vistas of life change, I choose to dance forward into a life that is filled with vitality and good health. I celebrate all the changes along the way, the growth and lessons, and each and every moment where I know my oneness with God.

**I am grateful for the dance of life
and the new me I am becoming.**

Day #2:
Acceptance

“The greatest gift that you can give to others is the gift of unconditional love and acceptance.” Brian Tracy

I am grateful for the ability to listen deeply, love what is and accept people as they are. I know that seeing another person’s side of the story—especially when it is different from my own—gives me a perspective that fosters caring and compassion and connects us at a profound level. Being open to a different point of view expands my understanding of a situation, bringing those I love together in new ways that deepen our relationship and allow love to grow more fully.

I gratefully practice unconditional love and acceptance.

Day #3:
Freedom

“If you love something, set it free. If it comes back it’s yours; if it doesn’t, it never was.” Richard Bach

I am grateful for the freedom to live my life any way I choose. I can choose to hold on to what has always been, or I can release the things, people and beliefs that no longer serve me as I open my mind to new ways of seeing my life, living my life and creating the rest of my life. I know that, even when things change, the future is bright, because I am co-creating my world with God. From this high spiritual perspective, I claim my good now, knowing that I am truly free to be me.

**I am grateful for the freedom to express myself fully
and live a life of joy.**

Day #4:
Inspiration

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” John Quincy Adams

I am grateful for Spiritual inspiration that guides me to step out into the great unknown and aspire to greater things. Whether I am taking a class, learning a new skill or teaching something to someone else, I know that I am always inspired to create something better. Every dream is a quiet whisper from Spirit urging me to use my innate gifts and talents to live my life in a new and improved way. I inspire myself and others to explore all the ways we can use the gifts of Spirit to live full, creative, productive lives.

**I am grateful for Spiritual inspiration filled
with unlimited possibilities.**

Day #5:
Confidence

“Confidence is contagious. So is lack of confidence.” Vince Lombardi

I am grateful for the confidence that comes when I turn within and listen to Spirit. I know that wherever I go, whatever I do, God will always guide me to the next perfect step. Even when I don't have confidence in myself, God has confidence in me. When I doubt myself, I hear that still small voice of intuition within and I know the next thing to do, the next thing to say, the next action that will bring me to my greater good. I boldly move forward, knowing that I am never alone. God is inspiring me to new levels of confidence every day.

**I am grateful for the confidence
to create the life of my dreams.**

Day #6:
Being Yourself

“Take time to play! Ask for what you want. Laugh. Live loudly. Be avid. Learn a new thing. Be yourself!” Mary Anne Radmacher

I am grateful to be me. I access my inner child and take time to run through a field of wild flowers with abandon, even if it is only in my mind. I participate in life fully—with joy—opening my consciousness to new ideas, new situations, new ways to BE. When it seems that life takes me in a new direction, I welcome the opportunity to see the world through the fresh eyes of a child, knowing that God is giving me this or something better than I could have ever imagined for myself. I know that I live in the realm of Divine potential and all is well.

**I am grateful for every change in life that
brings me closer to God.**

Day #7:
Daring to Be

“Dare to think for yourself.” Voltaire

I am grateful for the courage to be authentic and true to myself, no matter what others may be thinking about me. Society has a way of judging and categorizing people, putting us in neat, labeled boxes. I break free from any limiting description or identification that does not adequately describe the brilliance and magnificence of who I truly am. When I think for myself, I get in touch with my own authentic nature and inner wisdom, and I receive guidance from the Divine intelligence of Source that always leads to perfect outcomes.

**I am grateful for the inner guidance of Spirit that
leads me to living an authentic life.**

Day #8:
Planting

“The best time to plant a tree was 20 years ago. The second-best time is now.” Chinese Proverb

I am grateful for the understanding that, when I plant seeds of greatness in my consciousness, I become great. Today, I am living with all the seed thoughts I have planted throughout my life. Some have grown “weeds” that choke out my greatness, but I don’t have to live with those old, worn out ideas. Rather, I can gently “pull” those weed thoughts out and let them go as I make room for positive, uplifting thoughts that harness my power to create anything I want in my life. I affirm these positive thoughts now and the garden of my consciousness is filled with unlimited blessings.

I am grateful for positive seed thoughts that grow beauty, peace, joy, love and abundance in my life.

Day #9:
Respons-ability

“Respond to every call that excites your spirit.” Rumi

I am grateful that I have the ability to respond to what life is offering me in every moment. As I sift through all the possible ways I can choose to live my life, I know that Spirit is always guiding me to the right and perfect choice. When I get excited about something, I listen for that still small voice within, and follow the guidance I receive. With Divine intuition, I am always guided to the next step at the right time. If I am not receiving guidance, I recognize that I am waiting in God’s time and, soon—when the time is right—I will be called to my higher good. As I respond, I know my path will be clear, and I can move forward with clarity, focus, grace and ease.

**I am grateful that I have the ability to respond
to God’s perfect guidance.**

Day #10:
Being Bold

“Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.” Johann Wolfgang von Goethe

I am grateful for the ability to be bold and dream big. I know that stepping out into the unknown can be scary, but if Spirit has given me a great big beautiful plan, I simply cannot fail. As I rise up into my greatness, everything I need is now being supplied to me at the perfect time—in the perfect way—because I live in an abundant universe filled with endless possibilities. Being bold and thinking big is a catalyst that causes energy to move toward my goal, attracting everything I need to achieve my greatness now.

**I am grateful for the genius, power and magic
I experience when I am bold.**

Day #11:
Friendship

“True friends are those who lift you up when your heart’s wings forget how to fly.” Anonymous

I am grateful for my many friends, who are part of the colorful tapestry of my life. All of the gifts and talents they possess provides the texture and color of our relationships, creating a circle of profound love that enriches all of our lives. When I am down, I know I can call a friend, and he or she will listen patiently, seeing the good in me when I may not be able to see it for myself. Through the simple act of caring, I am lifted up and am able to continue on, knowing that I am supported and loved just as I am.

**I am grateful for the support and love
of my family and friends.**

Day #12:
Mindfulness

“Life repeats itself mindlessly. Unless you become mindful, it will go on repeating like a wheel.” Osho

As I go through my busy day, I may not be paying attention to every little detail. Much of what I do I have done many times in the past, and I do it by rote, without thinking much about it. When that happens, I really cannot expect anything to change. Instead, I practice being mindful of every moment of my life. I begin to notice the smell of a roses, the beauty of the age-old mountains, and the warmth of the sun. The distractions fall away and the busyness abates. I become aware of just how amazing my life is, and I am grateful.

**I am grateful for the peace of being mindful
in every moment.**

Day #13:
Imagination

“If you can imagine it, you can achieve it. If you can dream it, you can become it.” William Arthur Ward

I am grateful for the ability to think big. The power to choose my thoughts creates my world by what I am thinking. When I let go of thoughts of lack and limitation, I open space in my mind for Spirit to provide ideas from universal Divine Mind. That creates solutions to old problems I have been wrestling with, and my life begins to transform. My imagination is the fertile ground of being where everything is first created. I boldly imagine exactly how I want to live my life, because whatever I can conceive and believe, I can achieve.

**I am grateful for my imagination,
knowing that I use it achieve my dreams.**

Day #14:
Paradox

“The curious paradox is that, when I accept myself just as I am, then I can change.” Carl Rogers

I am grateful for the ability to accept myself just as I am. No matter what I have done or where I have been in the past, each and every day I have the opportunity to reinvent my life in positive new ways. Acceptance of who I am today becomes the catalyst for opening the channel for creative new ideas, new and unlimited opportunities and Spiritual inspiration that creates positive changes and renews my life in amazing ways. Paradoxically, when I accept myself just as I am, I experience a stream of vital, life-affirming energy from Spirit, and my life is transformed.

**I am grateful for the ability to change my life
in positive, wonderful ways.**

Day #15:
Peace of Mind

“I can have peace of mind only when I forgive rather than judge.”
Gerald Jampolsky

I am grateful for the peace of mind that comes when I let go of fear and judgment, and simply allow things to be as they are. Every judgment I make diminishes my capacity to love fully and see the good in people who are doing the best they know how to do. When I forgive, rather than judge, I experience a stream of peaceful, calm energy that fills my soul with a serene sense of tranquility that calms my mind and opens my heart. With unconditional love, I go forth to create peace on earth.

**I am grateful for a peaceful loving heart
filled with unconditional love.**

Day #16:

Vision

“Vision stands on the shoulders of what is actual to get a better view of what is possible.” Mary Anne Radmacher

I am grateful for the ability to see beyond what is happening today into the unlimited possibilities of the future. I know that, with God, my vision is cleansed and I can experience new ways of thinking, new ways of understanding and new ways of being. With heightened awareness of the power of Spirit in my life, I can see my way clear to call forth my greatness. When I begin to act on new ideas for creating a better life, my life is enriched and I am filled with love, joy, peace and prosperity.

**I am grateful for my unlimited future
as I create my life with Divine vision.**

Day #17:

Love

“Love is the ultimate meaning of everything around us. Love is not a mere sentiment. Love is the ultimate truth at the heart of creation.” Rabindranath Tagore

I am grateful for God’s unconditional love for me and all of humanity, and I know that God’s love is enough to heal everything and everyone on planet Earth. When I bring unconditional love into a situation, fear and negativity melt away, opening a space for love to grow and heal me at depth. The more love I share, the larger my capacity for love becomes, and the easier it becomes to love those who seem to be unlovable. Love creates a bridge that spans our differences and connects us in beautiful ways.

I am grateful for God’s unconditional love for me.

Day #18:
Thank You

“If the only prayer you ever say in your whole life was ‘thank you,’ that would be enough.” Meister Eckhart

I am grateful for everything and everyone in my life. I know that everything that happens to me brings me a gift of understanding, insight, growth and learning. Sometimes, the things that are the hardest to endure bring the most profound lessons. I know that these lessons are for my own inner growth, and I embrace whatever life brings, appreciating every experience for the contribution it makes to my soul evolution. Thank you, God, for each and every day.

I am grateful for the power of gratitude in my life.

Day #19:
Forgiveness

“Today, I say yes to forgiving. I commit to being for-giving love and for-giving compassion in all areas of my life.” Sheri Rosenthal

I am grateful for the power of forgiveness. Truly forgiving someone is an act of self-care and unconditional love, because it frees me from recalling painful emotions, memories, and experiences. Holding a grudge separates me from God’s Divine love, and does not allow my inner light to shine. When I forgive, I experience God’s mercy and compassion fully and my consciousness is cleansed. I begin to see beyond appearances to the Spiritual truth that God and I are one.

**I am grateful I can forgive everyone
and everything in my life.**

Day #20:
Transformation

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.” R. Buckminster Fuller

I am grateful for my ability to grow and change as I learn new lessons and have new experiences. No matter what happens in the outer world, I recognize that I have the capacity—like the caterpillar—to go into the chrysalis of my own soul, into the quiet of meditation, where I rest and renew my consciousness. From this place of spiritual communion with God, I begin to change. I am renewed in body, mind and spirit, and I emerge as a transformed being.

I am grateful for all the changes in my life.

Day #21:
Perfection

“We come to love, not by finding the perfect person, but by learning to see an imperfect person perfectly.” Angelina Jolie

I am grateful for the perfection of the cosmos. Planets revolve around their suns, stars move in an orderly, predictable manner, and even my own body is an intricately wrought perfection! In relationships, we are sometimes tested to unconditionally love a person who may think differently than we do, or make life choices we would never make. Real love is seeing that everyone has their own answers, and loving the person even if we do not like their behavior. Today, I am open to seeing the perfection in everyone I meet.

**I am grateful for my ability
to love everyone unconditionally.**

Day #22:
Lessons

“The difference between school and life? In school, you’re taught a lesson and then given a test. In life, you’re given a test that teaches you a lesson.” Tom Bodett

I am grateful for all the lessons and all the tests in life. I recognize that everything I experience teaches me something that will benefit my life. Life on planet Earth is like a science lab. I get to mix things up and, hopefully, cure cancer. I could make a mess and blow up the lab. I learn important lessons from both of these outcomes and even the “messes” are learning experiences that lead to results that teach me what doesn’t work, and may lead to the next great discovery or invention!

I am grateful for everything I learn in life.

Day #23:

Dancing in the Rain

“Life is not about waiting for the storm to pass... It’s about learning how to dance in the rain.” Vivian Greene

I am grateful for the memory of playing in the rain as a child. I remember the joy of stomping in a puddle and feeling it splash everywhere; of tipping up my mouth, trying to catch the raindrops, and laughing when they went in my eyes and nose. In those playful moments, I felt strong and courageous, and I was truly alive. I felt sorry for the adults who were too busy to come out and play. So today, even as an adult, I still play in the rain.

I am grateful for raindrops, clouds and rainbows.

Day #24:
Nurturing

“Remember that children, marriages, and flower gardens reflect the kind of care they get.” H. Jackson Brown, Jr.

I am grateful for all the people in my life who have nurtured me along the way. Every time I was told, “You can do that!” it helped me see the good in myself and gave me the extra encouragement I needed to succeed. As I look back over my past, I remember those extraordinary teachers who cared enough to take a special interest in me. I appreciate the ones who recognized my talents and helped to foster them, giving me the room to cultivate my gifts and grow and mature.

**I am grateful for all the caring people
who helped me grow.**

Day #25:

Time

“God gave you a gift of 86,400 seconds today. Have you used one to say ‘thank you?’” William Arthur Ward

I am grateful for every second of my life. Although time is a man-made construction, it is a reality in our daily life. Each moment is extraordinary—an unrepeatable slice of time—and I appreciate the fact that I have the privilege of living another day. In every extraordinary moment, I can remember that I am here to glorify God by loving more fully, living more peacefully and seeing each person’s Christ light within. I am grateful for each and every day.

**I am grateful for the gift of having time
to live another beautiful day.**

Day #26:

Life

“The journey between what you once were and who you are now becoming is where the dance of Life really takes place.” Barbara De Angelis

I am grateful for the onward progress of my life that takes me forward into a new beginning filled with endless possibilities. I gladly leave the old behind as my life moves forward into the future. As the vistas of life change, I choose to dance forward into a life that is filled with vitality and good health. I celebrate all the changes along the way: the growth, the lessons, and each and every moment where I know my oneness with God.

**I am grateful for the dance of life
and the new me I am becoming.**

Day #27:

Worry

“Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere.” Glenn Turner

If we spend our time worrying, we will bring more things into our lives to worry about, because what we think about all the time is manifest in our lives. Worry is negative prayer. What we experience in life is determined by our perspective and how we label the people around us and the events that happen to us. Rather than worry about things that may never happen, I choose to draw on my inner powers of strength, love and wisdom, and only think about the good that God is sending my way each and every day.

**I am grateful for God’s peace
that sustains and nourishes my soul.**

Day #28:
The Future

“Nobody gets to live life backwards. Look ahead; that is where your future lies.” Ann Landers

I am grateful for all the lessons of the past that have brought me to today. Even the times that were the most difficult have taught important lessons about how to live life more peacefully and joyfully in the future. Learning what not to repeat in the future is as important as knowing what to repeat. I take what I have learned and use it to create a fabulous future—full of profound moments and endless and unlimited possibility—so I can live the life I love and love the life I live.

I am grateful for a future filled with possibilities.

Day #29:
Dreams

“Do not lose hold of your dreams or aspirations. For if you do, you may still exist, but you have ceased to live.” Henry David Thoreau

I am grateful for the ability to have dreams and goals that push me to stretch toward my greatness. Without something to look forward to, my life would be stagnant and boring. Without something to work toward, I would not learn and grow. My dreams are my guiding light that point me in the direction of achieving my highest good. I realize I have the ability to live my life in new, different and uplifting ways when I follow my dreams.

I am grateful for the ability to follow my dreams.

Day #30:
Connection

“When we get too caught up in the busyness of the world, we lose connection with one another—and ourselves.” Jack Kornfield

I am grateful for a full and interesting life. It feels good to be a contribution to the people I care about. I know that sometimes I get so busy that I forget what really matters in life. When a deadline is looming or dinner needs to be prepared, I remind myself to breathe and reconnect with the Spirit of God within. Then I remember how grateful I am for the deep bond and connection with my family and friends. I let the busyness go, knowing that time spent with those I love is more important than anything else in my life.

**I am grateful for the precious moments spent
with family and friends.**

Day #31:

Faith

“Faith is taking the first step even when you don’t see the whole staircase.” Martin Luther King, Jr.

I am grateful that no matter what will happen in the future, I have the faith that with God, I can handle anything. When I align my mind with the mind of God, I am guided to the next perfect step to take me to my greater good. When I don’t know what to do, I stop, enter the silence in meditation, and wait for guidance from Spirit. Because I listen to that still, small voice, I have the restorative power of God in everything I do and every choice I make.

**I am grateful for a deep and abiding faith
that I am one with God, and all is well.**

Day #32:
Kindness

“My religion is very simple. My religion is kindness.” Dalai Lama

I am grateful for my ability to bring peace and harmony to others by my kind thoughts, words and actions. As I am centered in that deep calm place in my soul, I see the Divinity in everyone I meet. When I see the world from this higher perspective, I am not swayed by outer appearances, and I am filled with compassion as I imagine unlimited good flowing to all people. In my mind, I paint a picture of people everywhere exercising kindness and compassion as they deal with one another.

**I am grateful for the opportunity
to meet people with kindness.**

Day #33:

Bliss

“Follow your bliss and the universe will open doors where there were only walls.” Joseph Campbell

I am grateful for knowing that the meaning of life is to simply be alive, fully awake and open to all the opportunities life has to offer. When I do the things I love, it is easy to give the extra effort to create something beautiful, wonderful and uniquely mine. When I live from this state of bliss, all the doors of creativity are open to me, and I am free to choose the one that inspires me today. With the wisdom of the universe at my disposal, I use my imagination to create a new vision for living my life fully.

I am grateful for new possibilities for joyful living.

Day #34:

Peace

“If you want peace, stop fighting. If you want peace of mind, stop fighting with your thoughts.” Peter McWilliams

I am grateful for the Unity Principle that thoughts held in mind reproduce after their own kind. I know that what I focus on and give energy to becomes my reality. If I am noticing that I am attracting negative people, I simply change my focus, and become grateful for the positive people in my life. The more I learn to channel my thoughts, the happier I will become. In order to have peace of mind, I must first have a peaceful mind. Through prayer and meditation, I quiet my busy mind, and experience the peace that passes understanding.

I am grateful for a calm, peaceful mind.

Day #35:

Wholeness

“I think wholeness is God’s design for us, and that often amounts to embracing contradictions.” Bono

I am grateful for all the paradoxes of life. I know that things are not always as they seem, and that which devastates me today can make me stronger as I work through every challenge. I am created in the image and likeness of God, and I am a spiritual being. My inner light shines forth, and I experience the transformative power of my Christ potential within. When I have a health challenge, I know that God is in every cell of my body, bringing me back to wholeness, for that is my nature. I came here to be made whole.

**I am grateful for my ability to face every challenge
because I am whole.**

Day #36:
No Regrets

“Life is short. Break the rules. Forgive quickly, Kiss slowly. Love truly. Laugh uncontrollably. And never regret anything that makes you smile.” Mark Twain

I am grateful for everything that has ever happened to me. I know that the tough times have tested me, and I am stronger, smarter and more resilient because of them. I let go of any negative energy about what has happened in the past and, instead, live a life filled with joy. I celebrate all the loving relationships I have with my family and friends as I recognize that life is to be lived completely in every precious moment. I go forth with a renewed spirit of just how blessed my life truly is, and I live it to the fullest.

I am grateful for my life and all its blessings.

Day #37:
New Day

“There is a great future in front of you; you can leave your past behind.” Joel Osteen

I am grateful for the gift of each and every new day. It has been said, “The past is history; Tomorrow is a mystery; Today is a gift; And that is why they call it the present.” I choose to let the past go, releasing with it every feeling of resentment, guilt or anger. With a renewed and cleansed consciousness, I choose to be the author of my life’s story, writing a new script that does not include the baggage of the past, and promises a positive, peaceful, prosperous future.

**I am grateful for the ability to create
a bright and promising future for myself.**

Day #38:
Mystery

“The world is incomprehensible. We won’t ever understand it; we won’t ever unravel its secrets. Thus we must treat the world as it is: a sheer mystery.” Carlos Castaneda

I am grateful for that which I understand and that which I may never understand. I let go of any concerns about needing to know, recognizing that many of the most profound discoveries throughout history were previously unsolved mysteries that were unraveled by a great scientific mind that was open to possibilities. Instead, I revel in the fact that much of life is truly cryptic—a puzzle waiting to be solved—and I know that, at the right time and in the right place, all will be revealed.

I am grateful for mystery and the mastery.

Day #39:

Ideas

“I can’t understand why people are frightened of new ideas. I’m frightened of the old ones.” John Cage

I am grateful for Divine ideas that enrich me and lead me to creative new ways to live a more peaceful, fulfilling, meaningful life. With the power of a brilliant new idea, I can let go of old thinking and doing and being. I recognize that, the more I think about creating something new, the more I open my consciousness to receive each and every new awareness. From this receptive attitude, I create a space for Spirit to grow within me, and I am uplifted as good flows to me in lavish abundance.

**I am grateful for creative Divine ideas
that attract my good to me fully.**

Day #40:

Gratitude

“The struggle ends when the gratitude begins.” Neale Donald Walsch

I am grateful for the understanding that the simple power of gratitude brings more of whatever I am thankful for into my life. When I struggle with something that is holding me back, I remember to be grateful for everything—even the set-backs, losses and regrets. Everything I have experienced has brought me to this moment. I know that what I think about becomes my reality, and saying, “Thank You” sets up an energy that is the catalyst for more good to come my way. The more grateful I am, the more for which I get to be grateful, as my blessings flow to me easily and I experience the fullness of life.

I am grateful for the good I experience in my life.

Post Script

I hope you have enjoyed this “40 Days of Grateful Living,” and that you will continue the practice of gratitude in the future.

When we begin to notice things for which we are grateful, we begin to see how blessed we truly are.

You may want to start a Gratitude Journal. Pick a nice notebook with blank pages that feels good when you hold it. Write down three things you are thankful for every day. Once a week, reread what you have written from the previous week. You may begin to notice that the things for which you are grateful are increasing simply because you are paying attention to them.

Being grateful is a life-long practice that will transform your life and bring even greater blessings to you.



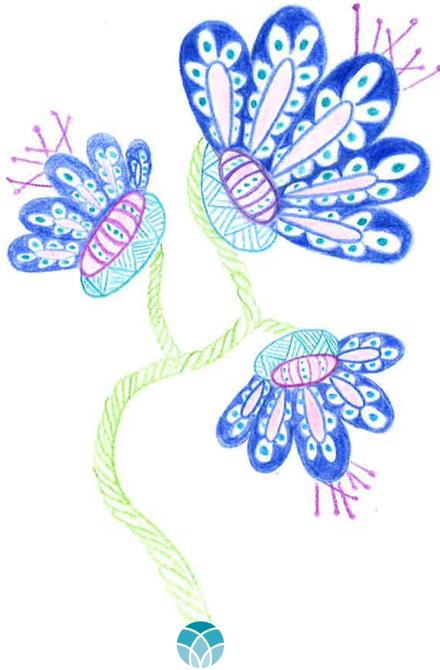
Abundant Blessings,

Rev. Lori Fleming

Pastoral Care Minister

Unity of Phoenix Spiritual Center

Front and Back
Cover Illustration
by Rev. Lori Fleming




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