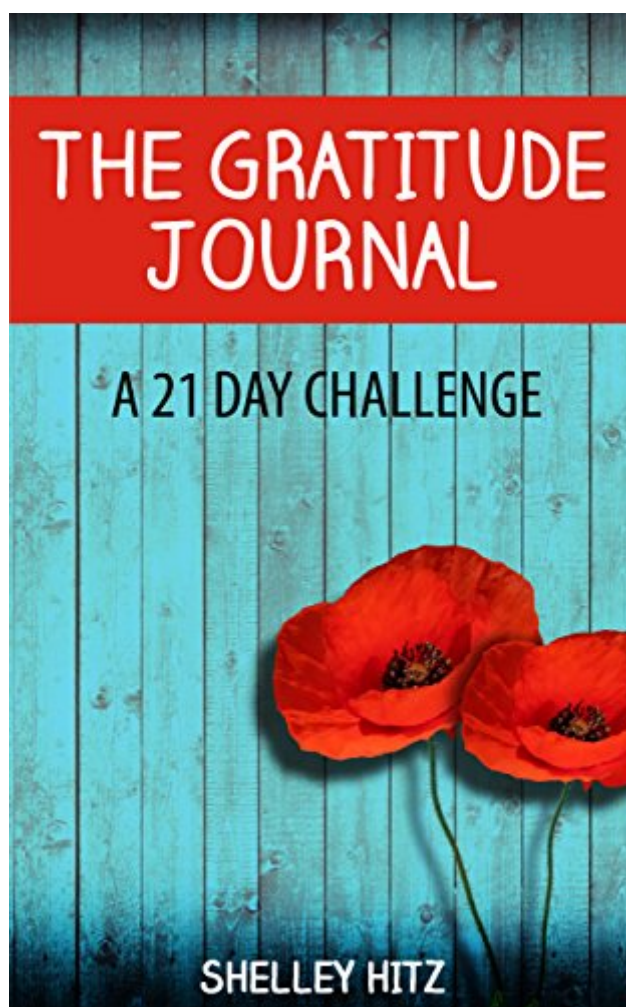


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# The Gratitude Journal: A 21 Day Challenge To More Gratitude, Deeper Relationships, And Greater Joy (A Life Of Gratitude)



## Synopsis

A gratitude journal can transform your life! During a season of transition in my life, I found myself overwhelmed with negative emotions like self-pity and a complaining spirit. It was as if a dark cloud had descended over me. I prayed and asked God for wisdom on how to overcome these negative emotions. And I sensed Him leading me to do a 21 day gratitude challenge. Over the course of the 21 days, God began to change me as I spent intentional time being grateful for all I have been given. I did this through writing in my journal each day and also sending a hand-written thank you note to someone different each day. And now I want to share what I learned with you.

**What to Expect On Each Day of the Challenge:**

- Read my personal stories, struggles and reflections.
- Read one scripture and one quote about gratitude.
- Apply one personal application step.
- Get accountability and encouragement

Along with the 21 day challenge, I also started a private Facebook group to provide accountability and encouragement not only for myself but also for others who join me in this challenge. You will get access to this group as well when you buy the book. It has been amazing to see God at work in each of our lives. Will you join us? Scroll up and click "buy" to embark on this 21 day gratitude challenge with us and start your own life-changing gratitude journal!

## Book Information

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## Customer Reviews

"Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts." ~ Alan Cohen  
When Shelley Hitz made the decision to spend 21 days being grateful she did not know the outcome of her experiment. Each day she describes what she is going through and includes Bible verses and quotes as well as thoughts to ponder. Throughout this journey she struggled with accepting her new situation even though her decisions brought her to the place she is in her life. By reading her book you join with her on a journey that includes sending letters of gratitude, singing worship songs and even making a gratitude board. The ideas are good and simple enough to copy. Writing your own journal is recommended. You can also read the entire book at once and gain an even greater blessing. ~The Rebecca Review

This is not just a book, it's a road map for a better life. By concentrating on being grateful it forces negativity out of your life. For anyone ready to turn their life around this is the book for you.

I picked up this book due to its title. What is this 21 days of gratitude challenge? This title inspired me to take up challenges head on. I was facing with some obstacles and challenges to me and my family with thoughts of giving up. With that, I decided to go to the internet to search for possible solutions until I stumbled this book. I bought it and started reading, Gosh, I was amazed how the author structured the whole book into 21 days of actions. I particularly like day 14, day 17 and day 20... This book really charged me up.. Good job. Keep up the good work.

I just picked up this book and I am so excited! It's a fantastic book that came into my life at exactly the right time. I am joining Shelley on this 21 day challenge. It's so easy to get wrapped up in every day life and "stuff" that happens and I needed this book to remind me of all the things I am grateful for. I love the way this book walks you through the process of doing this challenge. It's one thing to say, "I should write in a gratitude journal every day" but the problem is, I hardly ever do it! This is a wonderful book and I am excited to start this challenge with Shelley.

The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) I love the way Shelley has put this little book together this wonderful little book on gratitude Hitz gives you so many resources for keeping your own journal and they are amazing. Starting on day one, you are given a devotional/story that goes with each day's thought of gratitude, but also an application to apply it to your daily life. There are two ways to apply this challenge. 1) is to follow Hitz's daily gratitude and journal for every entry under each day that Hitz wrote about each day and apply the application to your life. 2) you can also start your own journal using the resources applied or use your own resources, write about your own blessings and gratitude, and use those as your devotional and application within your life. While this book packs a very powerful punch in many examples of gratitude. It also gives you so many ways to make it your own. "Having a heart for thankfulness and gratitude are the opposite of self pity and a complaining spirit" - Hitz writes. Instead of being thankful overall for all the big things. Like God thank you for all these blessings, get power in being thankful even when you don't feel like being grateful. One of the things that really caught my attention was an explanation of "optimism/pessimism" 1) see the cup half empty - pessimism 2) see the cup half full - optimism 3) my cup runneth over. It's brimming at the top with God's amazing blessings and His Mercy and Grace. For a very quick easy, way to handle a 21 day challenge, this book brings a lot of information, resources and ways of finding your cup brimming over.

This is one book I will always go back to, who would have thought to send a Thank You card, in fact 21 of them, but why stop there? What came to me was sending one to someone who I struggle with, that could very well change that situation. Shelley, whom I've never met did an excellent job in sharing some of her own struggles with Gratitude, we all have those and this journal will help anyone put into practice Gratitude and Thanksgiving, doesn't scripture teach us to be doers of the Word and not just hearers?

I am giving this book five stars for such a neat, helpful and encouraging book of how to deal with problems that come our way in our daily lives? I really felt good about what I was able to learn from this book! I recommend this book for those who prefer to learn not to continue to speak negativity or be grumbling a lot about the bad things that seem to come into our lives! And was encouraged to send thank you notes to those we should have gratitude towards what they have been to us and there for us when we most needed them. I have done this quote often for my friends and pastors at my parish, especially because they have been most beneficial to me in my daily life! I was provided

this book by Body and Soul Publishing in exchange for my review. great work Shelley! By Angela

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