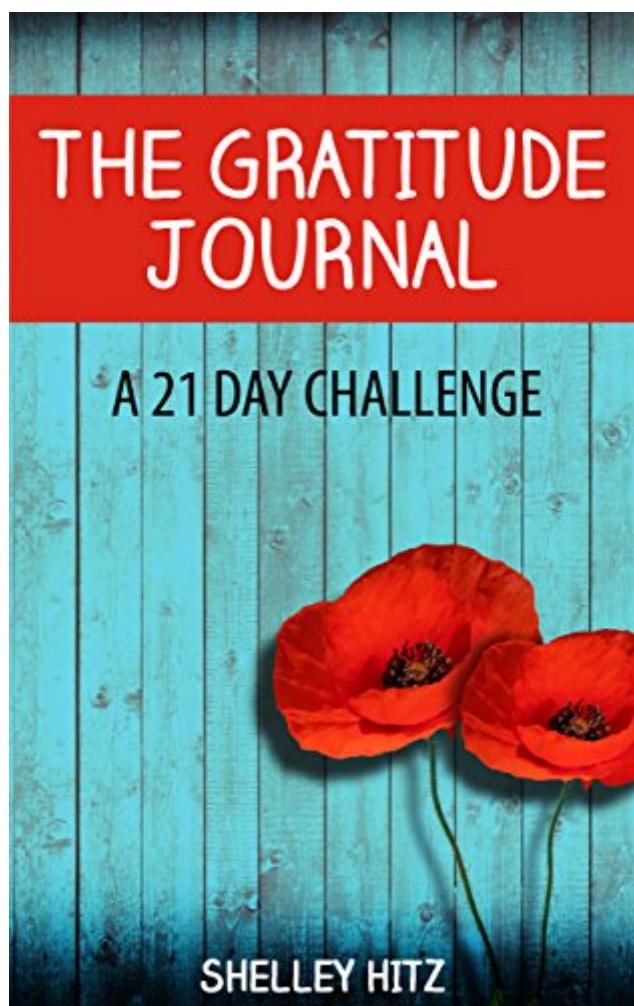


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# The Gratitude Journal: A 21 Day Challenge To More Gratitude, Deeper Relationships, And Greater Joy (A Life Of Gratitude)



## **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

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 gratitudeHitz gives you so many resources for keeping your own journal and they are amazing.\Starting on day one, you are give a devotional/story that goes with each days 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 pops a very powerful punch in many examples of gratitude. It also give 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 writesInstead 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 gratefulOne of the things that really caught my attention was an explanation of "optimism/pessimism"1) see the cup half empty - pessimism2) see the cup half full - optimism3) 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.

A quick easy read. Even though I read it in two brief sittings, I will be spending the full 21 days on the challenge, working on developing and keeping an attitude of gratitude every day.Each day of the challenge has a personal story from the author, a quote and a scripture about gratitude, and a personal application tip. There is also a Facebook group set up to provide encouragement and accountability to anyone who chooses to take the challenge.The basic idea is that if you practice something for 21 days, it will become an ingrained habit in your life. What better habit than constant gratitude toward God and others?\*\*I received this book for free from the author. A favorable review was not required and all thoughts and opinions expressed are entirely my own.\*\*

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 continuing 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

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 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?

When I started 2015, I was focused on developing more gratitude. I had this book, and chose to use it as a jumpstart to intentional pause for this focus daily. I had no idea what a great choice I'd made. Shelley Hitz uses quotes, which I love, anecdotes, and "Application" instruction in 21 daily lessons designed to focus on gratitude in a different area of life. I found myself, a couple of times, repeating lessons, because they were areas I'd not expressed gratitude in those areas enough...and my heart had more. This book is well designed, very easy to follow, inspirational, and excellent for what it is designed to accomplish. It's more than a five star read.

The Gratitude Journal: A 21 day Challenge to More Gratitude is a basic and gentle reminder to be thankful for what God has already provided and not allow what we do not yet have become our focus. Hitz offers simplistic suggestions on how to achieve that goal on a daily basis. My personal favorite was to look for hearts--things in nature shaped in a heart, or heart-shaped items that we come upon in our daily living, as a reminder that God's love is all around us. While not a very in-depth discussion of the topic, it may resonate more with new believers. Review by: Linda Irene  
Abused No More: A Book of Healing and Empowerment. (free copy was provided in exchange for an honest review)

I am on the fifth day of the 21 Day Gratitude Challenge. I really needed a lift when I began this, and it has already been really good for me. I downloaded the gratitude app she mentioned, and am using it each day. I love her idea about writing hand-written notes to others letting them know you are grateful for them. I have written two personal notes so far, and plan to do one each day. I am grateful to Shelly for reminding me of how blessed I really am. There are 21 people who may have reason to smile also if I keep my note writing commitment. Carol Shelton Moye Psalms in the Key of my Life

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