

Welcome to 28 days of Gratitude. I will be posting a new exercise every day that will help to strengthen your gratitude practice. I recommend that you do each exercise in consecutive days as to build momentum and make it a daily practice. I also recommend that you get a journal that can be your gratitude journal where you can write down the daily exercises.

Day 1: Count Your Blessings



I'm sure you have heard people say you should count your blessings, and when you think about what you are grateful for that is exactly what you are doing. What you may not realize is that counting your blessings is one of the most powerful practices you have and can magically turn your life around.

When you are grateful for the things you have, no matter how small, you will see those things instantly increase. Conversely, when we are not counting our blessings, we can fall into the trap of counting negative things. We count negative things when we talk about things we don't have, complain about the weather or traffic, criticize or find faults in others. When we count the negative things we attract more negative and cancel out the positive vibes of the blessings we do have.

Exercise: First thing in the morning, Count Your Blessings. Write it down in your gratitude journal and also write down the reason why you are grateful for these blessings. You want to really feel the gratitude, the magic happens in the feeling of gratitude.

For example: I am truly blessed to have (what?) because (why?)

After you have finished making your list of ten blessings, go back and read each one, either in your mind or out load. When you get to the end of each blessing say the words thank you, thank you and feel the gratitude for that blessing as much as you possibly can.

Everyday for the next 28 days you will add on 10 more blessing each day. They can be as simple as "I am grateful for my phone because it allows me to stay in touch with friends and family"

You should feel happier and more joyful after each time you Count Your Blessings!

- 1. Make a list of 10 blessings you are grateful for.
- 2. Write why you are grateful for each blessing.
- 3. Go back and read your list, at the end of each blessing say thank you, thank you thank you and really feel the gratitude for that blessing.
- 4. Repeat is the first three steps for the next 27 days.

Day 2: The Magic Rock

In beginning of working with these practices, it takes concentrated days in a row to make gratitude a habit. Anything that reminds you to be grateful is helping you turn your life into magic.

Exercise: Find a rock or stone small enough that it fits into the palm of your hand, the rock should be smooth with no hard edges. You can find this magic rock anywhere, in your garden, park, ocean, etc.

When you have found your rock put it by your bedside where you will see it before you go to bed at night. Tonight before you go to sleep pick up your Magic Rock and place it in your hands. Think back about all the good things that happened throughout your day and find the best thing that happened that you are grateful for. Say the magic words, thank you for the best thing that has happened today and then return the rock back to your bedside.

By practicing Counting Your Blessings and The Magic Rock you will starting and ending each day in gratitude.

- 1. Repeat the practice from day 1, Count Your Blessings.
- 2. Find a Magic Rock and put it in your bedside.
- 3. Before going to sleep think about the best thing that happened to you today.
- 4. Say the magic words, thank you, for the best thing that has happened today.
- 5. Repeat the Magic Rock practice every night for the next 26 days.

Day 3: Magical Relationships

Gratitude makes relationships flourish, the more grateful you are for a relationship the more you will receive an abundance of happiness in that relationship. Giving gratitude for a relationship no matter how difficult or the relationship may be it will miraculously turn your relationship around. The little irritations you once felt and complaints you have about that relationship will disappear because you feel grateful for that person. When you focus on what you are grateful for you won't have time to have time to criticize or complain about them.

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. Choose **three** of your closest relationships and collect a photograph of each person.
- 3. With the photo in front of you, write five things that you are most grateful for about each person.
- 4. Begin each sentence with the magic words, thank you, include their name and what you're specifically grateful for.
- 5. Carry the three photos with you all day and at least three times today take out the photos and speak to the person's face in the photo and say thank you, thank you (persons name) thank you.
- 6. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 4: Magical Health

Health is one of the most precious things we have in life but think about how much we take it for granted. Most of us usually don't think about our health unless we are sick. When we are grateful for our health our health will increase. Have you ever noticed when you don't feel well and you talk about how sick you feel you start to feel worse, and when you start to talk about how great you feel you feel so much better?

Spend some time today being grateful for your body and your health. Think about every body part you have and the things that it allows you to do. After you think about each body part say thank you, thank you (body part) thank you. For example, I am thankful for my eyes because they allow me to see the beauty in the world. Thank you, Thank you eyes, Thank you.

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. On a piece of paper or card write the words: THE GIFT OF HEALTH IS KEEPING ME ALIVE.
- 3. Place the piece of paper with your written words where you can see it today.
- 4. On at least four occasions today read the words very slowly and feel as grateful for your health. (I like to set up an alarm on my phone)
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 5: Magic Money

If there is a lack of money in your life, the feeling you have of worried, lack, jealous, or doubtful can never bring more money into your life. Complaining about money, arguing about money, or feeling bad about money will only worsen.

No matter your current situation around money if you change your mind to feel grateful for the money you do have the money in your life can magically increase. Feeling grateful for money when you have very little is challenging but when you understand that nothing will change unless you're grateful.

Today take some time to be grateful for the money you do have and you have had throughout your life. Be thankful for the things you have received with money, your home, your clothes, your mode of transportation, etc.

This morning take a dollar bill and put a sticker on it that says "THANK YOU FOR ALL THE MONEY I'VE BEEN GIVEN THROUGHOUT MY LIFE."

Take this Magic Dollar Bill today and put it in your wallet or pocket and at least 4 times today take a look at the money and read what it says on it and truly be grateful for the abundance of money you have been given, the more magic will come! From this day say to yourself you will be grateful for any money that comes to me, whenever it be your salary, a refund, a discount or a gift.

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. Sit down and think about all the times you have received money throughout your life and be thankful. As you think about every situation say thank you, thank you.
- 3. Take a dollar bill and on a sticker write THANK YOU FOR ALL THE MONEY I'VE BEEN GIVEN THROUGHOUT MY LIFE.
- 4. Take the Magic Dollar Bill with you today, as many times as you can today hold the dollar bill in your hand and read the written words and truly be grateful for the abundance of money you have been given.
- 5. After today, put the Magic Bill somewhere you will see it and will remind you to continue to be grateful for the abundance of money you have been given.
- 6. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 6: Works Like Magic

Today we will focus on gratitude for your job whether you work in a corporate job or your job is to raise your children. To bring success or increase the good things about your job or work you must be thankful for job or work. When you are grateful for your job you will give more to your work and you will increase the amount of money and success you receive from your job. When you complain or are ungrateful for your job you will give less and never be happy at your job/work.

If you are business owner, your business's value will increase or decrease according to your gratitude. The more grateful you are for your customers and employees your business will grow and grow.

If you are a parent and your work is taking care of your home and children look for things to be grateful for. When you are grateful for this opportunity you will attract more happiness.

Today spend the day finding things you are grateful about your job today and write it
down. The longer the list the more you will attract more money, success, opportunities
and fulfillment. Every time you find something to be grateful for write down I'm so
grateful for ?

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. While at work today write down everything you are grateful for about your work. Look for as many things you can think of even if they are so small.
- 3. Every time you find something say, "I am so grateful for _____? and feel as grateful as you can.
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 7: The Magical Way Out of Negativity

As difficult is it may seem you have to look for things to be grateful for in negative situations. No matter how bad things are you can always find something to be grateful for and magically turn this negative situation around.

Today take one problem or negative situation in your life that you want to resolve and make a written list in your journal of 10 things to be grateful for about this situation.

For example if you have lost your job you may be grateful for this time that you have to figure out what you really want to do with your career, or being grateful for this time so that you can catch up on some rest and relaxation. You get the picture.

You should start to feel better about the situation after practicing gratitude. When you start to feel better and see the positives about what has happened the situation will improve and solutions will appear.

When making your list of ten things you are grateful for write, I am so grateful for (the negative situation) because I am so glad that (what you are grateful for about the situation).

Once you have listed the 10 things you are grateful for write down and say out loud, Thank you, thank you, thank you for the perfect resolution.

And for today go through your day without saying one negative thing at all! It is important to see how much negativity we are speaking. If you find yourself saying something negative stop and say "But I have to say that I am really grateful for _____." Take these two practices with you and use them anytime you need in the future.

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. Choose one problem or negative situation in your life you want to resolve.
- 3. List ten things you are most grateful about this negative situation.
- 4. At the end of the list write: Thank you, thank you, thank you for the perfect resolution. And for today go through your day without saying one negative thing at all! It is important to see how much negativity we are speaking. If you find yourself saying something negative stop and say "But I have to say that I am really grateful for ____." Take these two practices with you and use them anytime you need in the future.
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 8: The Magic Ingredient

Giving thanks for food has been a tradition followed for many many years throughout many cultures. Think about how grateful you are for food, it our energy source and allows us to live, to think, and to feel good.

To feel even more grateful for the food you eat think about all that goes into what is involved for you to have food. Be thankful for the nature for making giving us fruits and vegetables, be thankful for the farmers, fisherman, dairy farms, coffee and tea growers, the people that help to package food, the delivery man who transport the food to stores so that we can buy it. The chef who is cooking the food that you are eating at a restaurant and the server who is serving it to you.

Before you take a drink today or eat anything take a moment to say in your mind thank you and feel grateful that you have food and clean water to drink and eat. If you forget at anytime during the day to say those magical words before you eat your food just go back in your mind and think about the meal you just had and say thank you while thinking about what you ate.

- 1. Repeat steps from day 1. Make a list of 10 blessings and write why you are grateful, reread your list and say thank you, thank you, thank you and feel as grateful for that blessing as you can.
- 2. Before you eat or drink anything today, take a moment to look at what you're about to eat or drink and int your mind or out loud say the magic words, thank you!
- 3. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 9: The Money Magnet

The more grateful you have about the money you have, even if you don't have much it the more riches you will receive. Today you will be replacing a complaint you may have about money with gratitude which magically will bring you riches. If you don't have enough money, paying your bills can be one of the most difficult things to do. But if you complain about your bills then what you are doing is complaining about complaining keeps you in poverty.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Take any current unpaid bills you have, use gratitude's magical power, and write across each one: Thank you for the money. Feel grateful for having the money to pay the bill, whether you have it or not.
- 3. Take ten bills you've paid in the past, and write across the front of each one of them the magic words: "Thank you-Paid." Feel truly grateful that you had the money to pay the bill!
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 11:

A Magic Morning

The easiest and simplest way to be sure your day is filled with magic is to start your morning with gratitude. When you start your day thinking about your blessings there is no time to time to have negative thoughts. After this practice you will start your day with happier and more confident about your day ahead.

When you wake up in the morning start your day by saying the words thank you. Thank you for being alive, thank you for the good nights sleep you had, thank you for the bed you slept in, the coffee you drink, the breakfast you ate, etc.

- 1. When you wake up to the new day, before you do a single thing, say the magic words, thank you.
- 2. From the moment you open your eyes until you're finished getting ready for your day, say the magic words, thank you, in your mind for everything you touch and use.
- 3. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 12 : Magical People Who Made a Difference

Today, you are going to think of the magical people who have impacted your life. Spend some time thinking about three people who have made a difference in your life. Think about each person individually and speak out loud to them thanking them for what they have contributed to your life. Pretend you are telling that person why you are grateful for them and how they affected the course of your life.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Find a quite place alone today and make a list of three people who have made a difference in your life.
- 3. Read through the list and while talking aloud (or writing it down) tell each person why you are grateful for them and how they have affected the course of your life.
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 13: Make All Your Wishes Come True

Gratitude is something you must have before you can receive, not only something you do after you have received something good. To make all of your wishes come true you must be grateful before and after you receive.

When you are grateful for something before you form a image in your mind, you have feelings of having what you desire. It is not your job to figure out how you are going to receive your gifts but to just believe that they will come to you.

Today make a list of ten things that you desire in your life, such as money, health, home, relationships. Be very clear and specific about what you want so you can see the changes happen from this exercise. Sit down and write out a list of your top ten desires as if you have already received them. For example: Thank you, thank you, thank you for the unexpected money I just received that is the exact amount I needed for my trip to Europe.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Sit down and write down your top ten desires. Write thank you three times before each one, as though you have already received it.
- 3. Using your imagination, answer the following questions in your mind as thought you've received each one of your ten desires.
 - a. What emotions did you feel when you received your desire?
 - b. Who was the first person you told when you received your desire, and how did you tell them?
 - c. What is the first great thing you did when you received your desire? Include as much detail as you can in your mind.
- 4. Reread the sentence listing your desire, and really emphasize the magic words, thank you, so that you can feel them as much as you can.
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 13

Magic Dust Everywhere

Gratitude is a powerful energy, so whomever you direct gratitude energy toward, thats where it goes. If you think of gratitude energy like magic dust then when you express gratitude to another person in return for something you have received from them its is like you are sprinkling them with magic dust.

Think about the people you encounter on a daily basis, someone that provides service to you, like a taxi driver, cleaners, staff at the coffee shop, etc. They are giving themselves to service you and you're receiving their service. If you don't say thank you in return then you are not showing gratitude for their service.

If you really mean it when you say the words thank you then then other person will feel it. Not only will you make that person feel good but your gratitude will fill you with happiness.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Today, sprinkle magic dust on ten people who preform services you benefit from, by thanking them directly or otherwise by mentally acknowledging and them them. Feel grateful to them for the services they perform.
- 3. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 14 Magically Heal Your Relationships

If you have a difficult or broken relationship, are suffering from a broken heart, or hold any resentment or blame toward another person for anything you can change it through gratitude. Gratitude will magically improve any difficult relationship.

When we are faced with a difficult relationship or a challenging situation in any relationship we are not grateful for the other person. We are busy blaming the other person and taking them for granted.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Choose one difficult, problematic, or broken relationship that you want to improve.
- 3. Sit down and make a written list of ten things you're grateful for about the person you've chosen. Write it down in the following way (Name) I am grateful for (what).
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 15 Have a Magical Day

To see and experience the most magical day of your life you can be grateful for your whole day before you live it. To Have A Magical Day, you imply thinking through your plans for the day and say the magic words, thank you, for each one going well, before you've lived it. When you give thanks for the experiences in your day going well, you must receive back the experiences gong well.

Ever notice how when you wake up in a grumpy mood the one thing after another starts to go wrong and you just have a bad day! You took your bad mood with your throughout your day causing one thing after another to go wrong.

When you use gratitude ahead of time to Have A Magical Day it wipes out unexpected problems or difficulties before they happen. To Have A Magical Day when you wake up get out of bed and think about your plans for the day and give thanks to everything exceptionally well. In your mind, work your way through all the plans you have for the morning, afternoon and night. As you work through each event say thank you and feel grateful for each event occurring the way you want.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. In the morning, work your way through your mind of all the events that you have planned through your day and say thank you for everything going well.
- 3. After you have finished being grateful for everything in your day say the words "And thank you for the great news coming to me today!"
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 16 Magic and Miracles in Health

We should feel healthy, energized, and full of happiness most of time but unfortunately most people do not feel this way. Many people are dealing with illnesses, problems with functions of their body, depression and other mental health issues.

Gratitude is one of the ways to magically begin experiencing the full state of health you are meant to have in your body and mind. When you are sick it understandable to have negative feelings about it, like worry, frustration, but having negative feelings about sickness does not restore health. To increase your health, you need to replace the negative feelings with good feelings and gratitude is the easiest way to do it.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Recollect three separate times throughout your life when you felt on top of the world, and give sincere thanks for those times.
- 3. Think about five functions of your body that are well, and one by one give thanks for each one.
- 4. Choose one thing about your body or health you want to improve, and spend one minute visualizing yourself with the ideal state of your body or health. THen give thanks for this ideal state.
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 17 The Magic Check

When you direct gratitude's magical power toward any negative condition, a new condition is created, eliminating the old condition. That means when you get yourself to a place where you feel grateful for the money more then you feel a lack of money, a new condition is created, eliminating the lack of money and magically replacing it with more money.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Take a blank check and fill in the amount of money you want to receive, along with your name and today's date.
- 3. Hold your Magic Check in your hands, and imagine purchasing the specific things you want to buy with the money you just received. Feel as happy and grateful as you can that you have just received it.
- 4. Take the Magic Check with you today, or put it in a place you will see it often. At least two more times today, take the check in your hands, picture yourself using the money and feel as grateful as though you were really doing it.
- 5. At the end of the day, keep your Magic Check in a place where you will see it daily, When you receive the money on your check, or you if you receive the item you wanted to spend the money on, replace the check with a new amount for something else you want, and repeat steps 2-4.
- 6. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 18: The Magical To-Do List

Everyday life has little problems that need solving, sometimes we can feel overwhelmed if we don't' know how to solve a situation.

Today's practice, the Magical To-Do List will help you with your day to problems that you don't know what to do. When you combine gratitude with the law of attraction things magically happen. You do not need to know how or when things will happen but just be grateful for these things happening for you.

Today, write a to-do list of the most important things you want to be done or resolved for you. Think of any areas of your life that you need something resolved or done for you. After you have made your list focus on three things from your list that you want to focus on today and imagine one at a time it is done for you.

Remember that like attracts like and that means when you are grateful for the solutions as though you have them you will attract everything you need into your live to resolve the situation.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Create a written list of the most important things or problems you need done or solved. Title your list The Magical To-Do List.
- 3. Choose three of the most important things from your list, and one at a time, imagine that each thing has been done for you.
- 4. Spend at least one minute on each thing, believing it is done, at feeling enormous gratitude in return.
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 19 Magic Footsteps

To take Magic Footsteps you take one step and in your mind say the magic words, thank you, as your foot touches the ground, and then again thank you as your other foot touches the ground.

You can do this exercise anywhere, walking around your house, walking to the gym, to the bank, etc. Take note of how you are feeling before and after you do this practice today. You should immediately start to feel the benefits of saying thank you and feeling gratitude. Magic Footsteps can immediately make you feel better!!

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Take one hundred Magic Footsteps (for about ninety seconds) in gratitude any time during the day.
- 3. With each footstep, say and feel the magic words, thank you.
- 4. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 20 Heart Magic

As you have been practicing gratitude over the last few weeks you may have figured out that the aim is to feel as much gratitude as you can. To actually feel it in your heart and body.

Today's practice of The Heart Magic is designed to powerfully increase the depths that you feel gratitude, by focusing your mind on the area of your heart as you say and feel the magic words, thank you.

Take a few moments to put your hand over your heart and keep focused on your heart while you say the words thank you. Feel those words actually coming from your heart as you say them.

Go back to your list of the top things you desire and read your list while holding your hand over your heart and saying the words thank you. Start to feel the depth of gratitude you feel from receiving your list of desires.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Focus your mind and your attention to the area around your heart.
- 3. Close your eyes, and while keeping your mind focused on your heart, say the magic words, thank you.
- 4. Take your Top Ten Desire List and practice Heart Magic by reading each desire, then closing your eyes, focusing your mind on the area around your heart and slowly saying thank you, again.
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Day 21 Magnificent Outcomes

In giving thanks before an event or action you can affect the outcome. You must use your thoughts and feelings to attract the outcomes. Today's Magnificent Outcomes practice is being grateful before you do something you want to go well.

You can be grateful for the outcome of the job interview or for the purchase of that new outfit you wanted. You can also use this practice if something unexpected happens in your day. Instead of automatically going into negative thoughts and jumping to conclusions you can give gratitude for the way you want the situation to happen.

When you are grateful for Magnificent Outcomes, you are using the Universal law, and changing hopes and chance into faith and certainty. When gratitude becomes your way of life, you automatically go into everything you do with gratitude knowing the magic of gratitude will produce magnificent outcomes.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Choose three things or situations that are important to you where you want Magnificent Outcomes.
- 3. List your three things, and write each one as though you are writing after it has happened: Thank you for the magnificent outcome to ______!
- 4. As you go through your day, choose three unexpected events that come up in your day where you can be grateful for a magnificent outcome. Each time, close your eyes and mentally say and feel: Thank you for the magnificent outcome to ____!
- 5. Before you go to sleep take your Magic Rock in one hand, and say the magic words, thank you, thank you for the best thing that has happened during the day today.

Right Before Your Very Eyes

Make a list of your top ten desires and read through each sentence and desire on your list and for one minute imagine or visualize that you have received your desire. Feel as much gratitude as you can, as if you have it now.

Carry your list with you today and on at least two occasions in the day, take out your list, read through it and feel as much gratitude fro each one as you can as though you have received it.

When your desires appear before your eyes, cross them off your list, and add more.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Make a top Ten List Desire List.
- 3. Read through each sentence and desire on your list, and for one minute imagine or visualize that you have received your desire, feel as much gratitude as you can.
- 4. Carry your desire list today in your pocket. On at least two occasion in the day, take out your list, read through it, and feel as much gratitude as you can.
- 5. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you, for the best thing that happened during the day.

Day 23: The Magical Air that You Breathe

Do you ever stop to just be grateful for the things that naturally occur around you? Are you grateful for the air that you breathe that keeps you alive, the trees around you, the sun, the moon, the stars?

Today, stop and think about the air that you breathe, take five breathes and fell the feel the feeling of air moving inside of your body and say the words, "Thank you for the magical air that I breathe."

In ancient teachings it is said that when a person reaches the point of being deeply grateful for the air that they breathe, their gratitude will have reached a new level of power, and they will have become the true alchemist, who can effortlessly turn every part of their life into gold!

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Five times today, stop and think about the air that you breathe. Take five deliberate breaths, and feel the feeling of air moving inside your body, and feel the joy of breathing it out.
- 3. After you have taken the five breaths, say the magic words: Thank you for the magical air that I breathe. Be as grateful as you can for the precious, life-giving air that you breathe.
- 4. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you, for the best thing that happened during the day.

Day 24: The Magic Wand

Have you ever wished you had a magic want so that you could just wave your want and help the people you love? Today's magical practice will show how you can use life's real Magic Wand to help others.

Energy flows where your attention goes, and so when you direct the energy of gratitude toward another persons needs, that's where the energy goes. Gratitude is an invisible but real force of energy, and coupled with the energy of your desire it is just like having a Magic Wand.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Choose three people who you care about and who you would like to help more with health, wealth, happiness or all three.
- 3. If you have, collect a photograph of each of the three people, and keep it in front of you while doing this practice.
- 4. Take one person at a time, and hold their photograph in your hand. Close your eyes and for one minute visualize the person's health, wealth, or happiness has been fully restored, and you're receiving the news.
- 5. Open your eyes, and with the photograph still in your hand, say the magic words slowly: "Thank you, thank you, thank you for (Name's) health, wealth or happiness."
- 6. As you finish with one person, move on to the next person, and follow the same two steps until you have finished the Magic Want practice for all three people.
- 7. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you for the best thing that happened during the day.

Day 25: Cue the Magic

The Universe wants you to have everything you want in life but it can't just walk up and hand you what you want, it uses the law of attraction to give you signs and cues to help you receive your dreams. The Universe knows you have to feel gratitude to bring forth your dreams, so it plays its part in the game by giving you personal cues to remind you to be grateful. It uses the people, circumstances, and events that surround you in your days as magic cues to be grateful.

For example, if you see or hear an ambulance let it be a cue to be grateful for your health, if you pass a bank or ATM it is a sign to be grateful for an abundance of money, if you see your dream home or your dream car, its your magic cue from the Universe to be grateful for your desire now!

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Today, be alert to what's around you, and take at least seven gratitude cues form the events in your day. For example, if you see some thing you desire, thank the universe for your desire now.
- 3. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you for the best thing that happened during the day.

Day 26: Magically Transform Mistakes into Blessings

Every single mistake or failure is a blessing in disguise. We all have freedom to make our own choices which means that we have the freedom to also make mistakes. Mistakes and failure are meant to teach us lessons and by the rules of the law of attraction if we don't learn from our mistakes or failure we will continue to make the same mistakes over and over again until we finally learn from them.

To learn from a mistake, we must first own it and take responsibility for our own actions without blaming others. When we blame others we still suffer the pain and consequences but we don't' learn our lesson.

How do you learn from a mistake? By Gratitude of course! No matter how bad something may seem there is always something to be grateful for. When you look for things to be grateful for in a mistake you magically transform the mistake into blessings. Mistakes attract more mistakes, and blessings attract more blessings.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Choose one mistake you made in your life.
- 3. Find a total of ten blessings you're grateful for as a result of making that mistake, and write them down.
- 4. To help find blessings, you can ask yourself the questions: What did I learn from the mistake? What are the good things that come out of the mistake?
- 5. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you for the best thing that happened during the day.

Day 27: The Magic Mirror

Change the person in the mirror, and your world will change. If you have been following the last 26 days of gratitude practice you can probably already feel a change within yourself. Maybe you feel a little happier or you have seen changes in your circumstances.

Over the last month you have been practicing the magical power of gratitude for your family and friends, work, money, and health, but the person who deserves the most gratitude is you!!

When you are grateful for yourself, for who you truly are, feelings of dissatisfaction, discontentment, disappointment, or the feeling of not being good enough. Negative feelings about yourself cause the greatest damage to your life, because they are more powerful than any feelings you have about anything or anyone else.

When you are grateful to be you, you will only attract circumstances that make you feel even better about yourself. You have to be rich with good feelings about yourself to bring the riches of life to you.

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Each time you look at yourself in a mirror today, say thank you, and mean it more than you ever have before.
- 3. If you're really brave, while looking in the mirror say three things you're grateful for about yourself.
- 4. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you for the best thing that happened during the day.

Day 28: Remember the Magic

Every day is unique; there is no day like any other day. The good things that happen each day are forever different and forever changing, and so when you Remember The Magic by counting yesterday's blessings, no matter how many times you do it, it will be different every time.

The easiest ways to remember the blessings of yesterday is to start by remembering the beginning of the day when you wake up, and go over the day in your mind, recollecting the major events of the morning, afternoon, and evening, until you reach the time when you go to bed.

Whoever has gratitude will be given more, and he or she will have an abundance. Whoever does not have gratitude, even what he or she has will be taken from him or her.

Remember The Magic - it was created for you!

- 1. Count Your Blessings. Make a list of ten blessings. Write why you're grateful. Reread your list, and at the end of each blessing say thank you, thank you, and feel as grateful for the blessings as you can.
- 2. Remember The Magic by counting the blessings of yesterday, and writing them down. Ask yourself the question: What are the good things that happened yesterday? Scan the surface of yesterday until you feel satisfied that you've remembered and written down all the blessings of the day.
- 3. As you remember each one, simply say the magic words, thank you, for it in your mind.
- 4. After today you can do this practice as a written list, or out loud or in your mind. You can make a quick list of the things you're grateful for about yesterday, or make a shorter and more detailed list and say why you're grateful for them.
- 5. Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words, thank you for the best thing that happened during the day.