



PLAN TO RISE IN
Love
AND
GRATITUDE

MONTHLY DEVOTIONAL PLANNER



Lana Wynn Scroggins
GIVING JESUS

Plan to Rise in Love and Gratitude

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Plan to Rise in Love and Gratitude

YEAR 2021

January						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
M	T	W	T	F	S	S
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29	30	31				

April						
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May						
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31						

June						
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28	29	30				

July						
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August						
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23	24	25	26	27	28	29
30	31					

September						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
M	T	W	T	F	S	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
M	T	W	T	F	S	S
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

December						
M	T	W	T	F	S	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Physical Goals for the Month

Goal	Action Steps	Measure of Success

Notes

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Spiritual Goals for the Month

Goal	Action Steps	Measure of Success

Notes

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Financial Goals for the Month

Goal	Action Steps	Measure of Success

Notes

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Monthly Objectives

Projects this Month

February

Birthdays and Events

Notes

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February Mood Tracker

1 2 3 4 5 6
7 8 9 10 11
12 13 14 15
16 17 18
19 20 21 22
23 24 25 26 27
28 29 30 31

Put the Letter that shows your mood for the day in the box!

A - Awesome H - Happy P - Peace S - Stressed U - Unhappy

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21 Days to Gratitude BLUEPRINT

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Plan to Rise in Love and Gratitude

21 Days to Gratitude BLUEPRINT

Embracing gratitude to create more abundance and clarity in twenty-one days will require creating new habits, commitment and focus.

The following pages are twenty-one ideas for maximizing your efforts, to make your new lifestyle as joyful and stress-free as possible.

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21 Days to Gratitude BLUEPRINT

Surround Yourself with Beauty

Look for ways to add visual beauty in your surroundings.

Treat yourself to fresh flowers every week.

Get rid of clutter.

Find ways to incorporate images that bring you peace into everyday items such as your coffee mug, your mouse you're your pens, inspirational posters.



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Dress for Success

No, this doesn't mean wearing a power-suit, or whatever is most fashionable in women's business wear today.

Let's talk about Yoga clothing! Maybe you want to get into Yoga.

You can dress for Success whether you are going to spend a day shopping with friends or doing Yoga with your friends.

Everyone will tell you, "wear comfortable clothing".

What they don't seem to do is remind you that you are going to be trying out a variety of different poses, and—contrary to all those elegant yoga site photos—probably working up a visible sweat, if you're brand new to it.

DO wear moisture-wicking, breathable clothes (PARTICULARLY sensible, cotton underwear—no lacy nylon); and if you wear shorts, make sure they are neither too tight/short, nor so loose that your mat-mates behind you get treated to more than they wanted to see!

Ditto tops. If you wear open back or loose tops, make sure that you have a well-fitting, no-nonsense Sports bra on underneath.

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Incorporate Color Therapy

Color has been shown to enhance mood ... or knock it down. If you're most comfortable hiding in a dark, dull colors, that's okay ... but now is your perfect opportunity to step out of your comfort zone and wear gorgeous, rich and vibrant colors to boost your mood.

This is especially relevant to yoga clothing! Light colors or whites show up sweat—as do dull colors. Go neon, even. Rich magenta; energizing, jewel-toned turquoise; bright, playful purple; happy orange—whatever color speaks to you the most, dare to wear it. Embrace your joyful side.

And see where else in your life you can use color for mood-boosting and gratitude enhancement too.

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Practice Gratitude Waking and Falling Asleep

The quickest way to get into the habit of gratitude:

Find three things to be grateful for, first thing in the morning—before even opening your eyes.

And when your head hits the pillow, think of three things you were grateful for that happened during the day. (And feel free to add more, if you like!)

1 _____

2 _____

3 _____

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Heal Relationships with Gratitude

No matter how angry you are with someone, don't go to bed without thinking about, finding and telling them something you love about them.



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Find Small Things You Take for Granted

Sometimes the things we should be most grateful for, we miss. Instead, we take them for granted.

Looking for these small, over-looked details of our lives helps teach us to be more situationally aware, so that our appreciation for all the wonders of life naturally grows—including what is wonderful about others.



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Volunteer Your Time

Nothing helps us see our blessings more clearly than volunteering to help those who are in pain.

Nothing helps us love others more than working with others for a common, positive goal.

You may already be donating money to do your part—and that's wonderful. But volunteer your time too, and get out there in your community.

When you help others, you quickly learn that you are the one blessed, with something to be grateful for, in the transaction.



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Be Grateful for Your Business

What happened today in your business that made you happy or made you feel enriched? Which client had a breakthrough or made you feel appreciated? Which team member came through for you, or caught a potentially costly mistake?

Don't be one of the millions who gush about their personal lives and treat their business, clients and staff as part of the furniture. A little appreciation and gratitude go a long, long way to increasing our enjoyment of life in all its facets.

At the very least, finish with a message such as: "You've downloaded my nifty [XX ways to XX something]". If you've found it useful, please share it with your peeps." (Then include your SHARING BUTTONS.)

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Reframe Your Conversation

Ever catch yourself complaining about someone or something? Ever berate yourself with negative self-talk?

Don't. No matter how justified the former might be, you hurt yourself when you fall into negative thoughts. If something is wrong, tell the person directly and do your best to resolve it. Don't complain in a forum or gossip with your best friend.

As for negative self-talk, if you don't talk kindly to yourself, you'll find it much harder to love others.



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Forgive Yourself, as well as Others

Forgiveness is a wonderful healing tool, especially when you let go of old griefs and long-standing hurts. It often helps us more than it helps those we forgive. Forgiving does not mean forgetting. You can forgive someone, but not allow them repeat hurtful behavior. You can forgive someone, recognizing they are stuck in a dark place, even when they are not sorry.

Forgiveness is liberating. It is an act; not a feeling ... just as you are not your mistakes. You are a whole person who loves and evolves and grows. So, among all the other hurts and humiliations and mistakes you are forgiving, be sure to forgive yourself too.



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Write Thank You Letters

Think of people in your life who make your life better. Write them thank-you letters ... even if you never send them.

Putting in words what you appreciate about the people in your life (past or present) is a wonderful way of creating neural pathways of gratitude in your brain.

Thank You



for your Kindness

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Say Your Own Grace

Even if you are not particularly religious, say a “Grace” when you put on a meal for family and friends.

If you don’t want to say a prayer.

Simply tell those at your table that you are grateful for each one of them, and say thank you.



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Don't just Say Thank You

'Thank you' is a beautiful phrase redolent of gratitude—yet when we say 'thank you' we often say it the way we say 'how are you?'—without waiting for (or wanting) a real answer.

People say, "You're welcome", and they say it automatically too. So next time you need to say 'thank you' to someone, turn it into an opportunity for genuine gratitude.

Acknowledge what you are thankful for and note any sacrifice that was made for your benefit. For example, "Thank you for working this weekend, Sarah. I know you were looking forward to going hiking, and I appreciate you giving up your time to help me get the launch ready when Jane called in sick."

Not only will that person feel truly appreciated, but your mindful gratitude will warm your own heart too—and remind you how truly lucky you are.



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Re-read Old Journal Entries

Formalize this. Go back through your entries once a month, and again once a year.

Make sure you include things you are grateful for every day in list form ... so you can go back whenever you're feeling down (or at those regular times we mentioned) to note and really count your blessings.



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Be in the Moment

Get into the habit of stopping yourself several times a day simply to notice what you are doing and how you are feeling.

Notice the sun shining, if it's a sunny day. Notice how clean and pretty your office looks, with your bouquet of fresh flowers.

Notice that funny little drawing on your bulleting board that your six-year-old did for you. Say to yourself, "I am alive in this moment, and I am grateful for the gift of my life."



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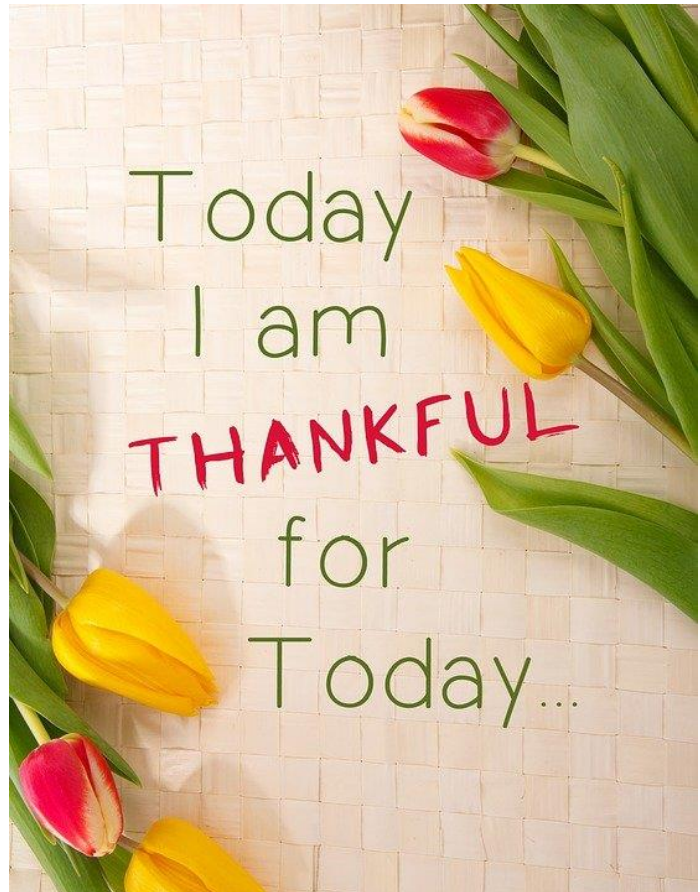
Be Specific

Take the time to detail the things you are grateful for. Get in the habit of being specific.

For example, don't just say, "I am grateful for good food".

Really think about what you just ate (or are about to eat) and describe it to God or to your journal.

It will have a much richer meaning for you, when you go through old journals, years from now.



"I am grateful for Grandma's hot, home-made biscuits and the way she loves to make them," is far more meaningful than "Had good food today".

Re-reading your own words, you will recapture wonderful memories—sights, sounds, scents and faces—for years to come.

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Make Yourself a Gratitude Template

If certain things you've expressed gratitude for in your journal really resonate when you re-read them, use that comment as a template for the way you write down other expressions of gratitude.

In addition to what you are grateful for, also list things like:

- o Why you are grateful?
- o How does it makes you feel?



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Take the Time to Find the Right Journal

Not every journal works for every person—and if you go onto Amazon.com and search for “gratitude journals” or “daily journals”, you’ll find they can be as varied as snowflakes (and almost as prolific!)

Take the time to find a journal that works with your learning and communication style. If you’re a visual learner, find one with pictures or illustrations you find inspiring. If you are factual and left-brained, look for journals that provide lists. If you adore nature, choose a journal that contains images of beautiful places. And so forth.

Having just the right journal—one that you love to write in—increases the chances that you’ll stick to your 21-day commitment ... and beyond.

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Keep it Short

With everything new you are doing, don't be over-ambitious. Take a realistic look at yourself. If you're someone whose only habit is not creating new habits and aborting challenges, then it is especially important to keep all your new methods and gratitude/mindfulness practices short.

Don't force yourself to meditate for an hour, if you've never done it before, for example. Don't make yourself run a mile if you get tired walking across the room. Don't force yourself to write fifty things you're grateful for—start out with a number you can easily achieve. (It should almost feel TOO easy!)

Write down three things you are grateful for (not thirty). Do five minutes of meditation—not fifty. Spend the whole 21 Days simply doing four breathing exercises, before you join of up for a Tai Chi class.

Less is more, when you don't mind doing it every single day.

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Write Testimonials

Write testimonials for everyone in your life.

Note what they contribute to your well-being or business, personality traits you admire or enjoy and at least one detailed example of how they put their skills or values into practice.

Even if you don't plan to share these 'testimonials' yet, you will affirm or re-affirm their value in your own eyes.

And it will show up in your interactions—as well as being ready-at-hand should a former client or contractor ever ask you for an actual testimonial.

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Pass Your Gratitude On

Getting into the habit of passing on your gratitude—doing or saying things that show people how much you appreciate them, or sharing positive things that you are thankful for and love—can be catching.

It can transform relationships, shift negative office atmospheres to positive ones and change lives—and businesses—for the better.



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Gratitude has a habit of spilling over into every aspect of your life—especially when you honor your body and mind with exercise, good food, rest and mindfulness.

It's like sunshine on a dark day, when it is genuine and really lived.

And pretty soon you will find that people are grateful for you!



Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

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21 Days to Gratitude CALENDAR

WEEK 1

MONDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

If you haven't completed the exercises in the Worksheet, start on them now.

Start using your new breathing exercises and perform at least five minutes of meditation.

After you finish your meditation, analyze the experience:

- Was it helpful?
- Did it feel too short or too long?
- Do you need to adjust the time spent in meditation?

If you haven't already done so, make your list of things you are grateful for. Use the Workbook alphabetical prompts or list items by category:

- Family
- Friends
- Money
- Health
- Career
- Home
- Your mission

MAKE A COMMITMENT TO DRINK MORE WATER.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 1

TUESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Select and play meditation music, a guided meditation or a meditation video.

Do your meditation routine, focusing on mindfulness and breathing

Select appropriate exercise or yoga clothing.

- Order online
- Take a shopping trip to purchase your new clothing, if you wish to buy locally

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO MEDITATE AT LEAST TWICE A DAY, MORNING AND EVENING.

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21 Days to Gratitude CALENDAR

WEEK 1

WEDNESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your meditation routine, focusing on mindfulness and breathing

Focus today on mindfulness. Be mindful and present in everything you do. NOTICE new things you are grateful for ... especially things you may have always taken for granted.

If you haven't already done so, decide on a form of exercise. Either do it (if it's a form you are already familiar with) or take a trip to explore a selected yoga studio or gym.

Set up an introductory class or session; or book an assessment.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO PRACTICE CONSCIOUS MINDFULNESS EVERY DAY.

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21 Days to Gratitude CALENDAR

WEEK 1

THURSDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your meditation routine, focusing on mindfulness and breathing?

Check your diet. Plan to refine it so that you are eating foods that energize you, including more fresh fruit and vegetables.

Consider consulting a certified dietician or certified nutritionist, if you need help calculating your maximum protein-fat-carb intake, or allowing for health concerns. (Check to see if your doctor's office can recommend one or has one on tap, and book an appointment.)

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO EAT HEALTHILY AND HONOR YOUR BODY.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 1

FRIDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing?

Exercise.

Be mindful while exercising. Reaffirm your exercise session with positive self-messages and gratitude for what you CAN do.

RE-ASSESS YOUR WEEK.

- How did it go? What do you need to do more of? Less of? Tweak?
- What was difficult? What could you do to make it less difficult?
- What made you happy? What were you grateful for?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO MAKE NEXT WEEK EVEN MORE JOYFUL AND BRING IN MORE GRATITUDE.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 2

MONDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise.

Be mindful while exercising. Reaffirm your exercise session with positive self-messages and gratitude for what you CAN do.

Purchase any equipment or extra clothing recommended by your yoga or gym instructor—either online or locally.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO FORGIVE YOURSELF FOR ANYTHING YOU OMMITTED OR SLIPPED UP ON AND MOVE FORWARD WITH GRATITUDE AND JOY THIS WEEK.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 2

TUESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing?

Exercise:

- Be mindful while exercising. Reaffirm your exercise session with positive self-messages and gratitude for what you CAN do.

Incorporate exercising your brain into your routine.

- Do things differently
- Learn something new every day
- Investigate signing up for a course—and do it, if you find one that inspires you
- Be mindful of opportunities to push familiar limits in pursuit of learning

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO OPEN YOURSELF TO NEW OPPORTUNITIES FOR LEARNING AND EXPANDING YOUR SKILLS AND KNOWLEDGE.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 2

WEDNESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Be mindful while exercising. Reaffirm your exercise session with positive self-messages and gratitude for what you CAN do.

Exercise your brain.

Be mindful of compassion. Forgive anyone you need to forgive—including yourself.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

**MAKE A COMMITMENT TO ACTIVELY PRACTICE COMPASSION,
EVERY MOMENT OF EVERY DAY.**

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 2

THURSDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your brain.

Explore ways to make a difference to the world around you. Decide if you would like to donate money or time to a global or local charity or cause.

Investigate your options for volunteering or donating and make a decision.

Act on your decision!

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO DONATE TO AND/OR VOLUNTEER AT A GLOBAL OR LOCAL CHARITY OR CAUSE.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 2

FRIDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your brain.

Do something for someone else.

RE-ASSESS YOUR WEEK.

- How did it go? What do you need to do more of? Less of? Tweak?
- What was difficult? What could you do to make it less difficult?
- What made you happy? What were you grateful for?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO LIVE WITH JOY AND PURPOSE, MAKING EACH DAY COUNT.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 3

MONDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing?

Exercise your body.

Exercise your mind.

Do something for someone else.

Explore openness. Realize it is a CHOICE. Be honest. Be courageous. Examine where you are putting conditions on your love, and remove them.

TRUST people—your family, your friends and your team members.

Allow them the responsibility of making their own choices.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO BE OPEN, LOVING AND HONEST ... AND LIVE WITH COURAGE AND TRUST.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 3

TUESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Explore and embrace inspiration. Re-fill your creative well.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A TO DOING THINGS FOR OTHERS, AND ALLOWING THEM TO DO THINGS FOR YOU.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 3

WEDNESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Live with purpose and focus.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO ALLOWING TIME FOR INSPIRATION AND REFILLING YOUR WELL OF CREATIVITY EVERY DAY.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 3

THURSDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Be focused and live with purpose.

Make time for family and friends.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO ALLOWING TIME FOR FAMILY AND FRIENDS.

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WEEK 3

FRIDAY

Start your day by thinking of at least three things you are grateful for.
(See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Allow time for inspiration and re-charging your creativity.

Be focused and live with purpose.

Make time for family and friends.

RE-ASSESS YOUR WEEK.

- How did it go? What do you need to do more of? Less of? Tweak?
- What was difficult? What could you do to make it less difficult?
- What made you happy? What were you grateful for?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO EXPAND THE THINGS YOU ARE GRATEFUL FOR AND CONTINUE YOUR NEW PATH OF MINDFULNESS.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 4

MONDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Allow time for inspiration and re-charging your creativity.

Be focused and live with purpose.

Make time for family and friends.

Assess and get rid of the “shoulds” in your language and life.

- What negative self-talk can you eliminate?
- What negative self-talk can you re-frame into positive wording you can embrace?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO BE POSITIVE FROM NOW ON IN ALL THINGS, TO ALL PEOPLE—INCLUDING YOURSELF!

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 4

TUESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Allow time for inspiration and re-charging your creativity.

Be focused and live with purpose.

Make time for family and friends.

What did you do that was new today?

- What gave you particular joy?
- What did you overcome or do better?
- What new things are you most grateful for?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO REFRAME ALL NEGATIVES TO POSITIVE STATEMENTS FROM NOW ON.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 4

WEDNESDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Allow time for inspiration and re-charging your creativity.

Be focused and live with purpose.

Make time for family and friends.

Take time to reassess today:

- Which of the new things you are doing is working really well?
- Which ones are still hard for you?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO ADJUST NEW ROUTINES OR PRACTICES THAT ARE STILL HARD UNTIL YOU FIND A WAY TO MAKE THEM JOYFUL AND EFFECTIVE.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 4

THURSDAY

Start your day by thinking of at least three things you are grateful for. (See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Allow others to do something for you.

Allow time for inspiration and re-charging your creativity.

Be focused and live with purpose.

Make time for family and friends.

Examine your attitude towards others. RE-AFFIRM that you will have compassion and understanding for those who are not yet able to live with gratitude, and that you will not judge them.

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO BE COMPASSIONATE, NOT JUDGMENTAL, TOWARD OTHERS WHO ARE NOT YET LIVING WITH MAXIMUM JOY.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CALENDAR

WEEK 4

FRIDAY

Start your day by thinking of at least three things you are grateful for.
(See how many more people/gifts/things you can add!)

Drink a glass of water

Do your morning meditation routine, focusing on mindfulness and breathing.

Exercise your body.

Exercise your mind.

Do something for others.

Be focused and live with purpose.

Make time for family and friends.

RE-ASSESS YOUR MONTH.

- Are you healthier in body and mind?
- Has your joy increased?
- Are you excited about life again?
- Are you making meaningful connections with others and the world around you?
- Are you living in beauty?

End your day by recounting the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO CONTINUE LIVING A PURPOSEFUL, JOYFUL LIFE OF GRATITUDE.

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I understand that busy-ness has become the norm in today's world, and that there's a real need to be silent and still, and cut the noise
- I have found a way to meditate that works for me
- I am starting to learn how to meditate in small bites or ways
- I am starting my day with at least five minutes of meditation
- I have considered using ambient music to help me settle into a meditative state

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I am making sure I include mindful breathing when I meditate

- I have found a mantra that works for me, and I am using it during meditation

- I have made a commitment to meditate daily and regularly for twenty-one days

- I am paying attention to:
 - My thoughts

 - The people around me

 - My surroundings

 - Opportunities for gratitude

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I am practicing mindfulness

- I have slowed down, and I am living with clear intent and purpose

- I am being mindful about my health

- I am putting a plan into place to:
 - Eat more greens and fresh fruit

 - Get enough sleep

 - Drink less alcohol and caffeine and more water

 - Exercise every day

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I understand the importance of exercise—for both my body and my mind

- I understand that exercise is a proven way to:
 - Elevate mood

 - Relieve stress and anxiety

- I am finding ways to exercise, even with mobility or health challenges

- I am focusing on what I CAN do—not on what I can't

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I have stopped comparing myself to how much better, physically, I used to be, and focusing on—and being grateful for—what I can do right now, today
- I have considered practicing yoga. I understand it is highly conducive to a meditative state and carries a wide range of benefits
- I have performed thorough and careful research into any new physical activity (such as Yoga, Qi Gong or Tai Chi) that I am considering engaging in
- I have cleared any new exercise plans with my doctor

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I have considered the benefits of running; or other aerobic exercise
- I have considered finding an exercise partner or partners
- I have weighed the benefits of exercising with others versus exercising on my own, and made the right choice for me
- I have considered joining a gym and getting a professional assessment and program set up for me
- I have carefully checked out gyms nearby, to see if they are suitable for me

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I have looked into and considered taking up an activity I always dreamed about but never tried (or was forced to abandon)

- I have taken the time to find a form of physical activity that I can really enjoy

- I have committed myself to taking at least five minutes of exercise every day, for twenty-one days

- I am taking care to also exercise my brain by:
 - Doing puzzles or games
 - Trying new things
 - Learning a new skill or hobby
 - Doing familiar things differently
 - Other _____

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I have committed myself to trying something new every day for twenty-one days
- I am remembering to look outward too, at others
- I have considered how I can help others; for example, through volunteer work
- I want to give back to the world, for all the things I am most grateful about
- I am focusing on being compassionate towards others
- I am practicing self-compassion too

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I understand that true compassion depends on honesty and courage
- I have faced my own oft-repeated “story” and I have faced and changed the truth about it
- I have let go of blaming others for my own life choices and attitude
- I am working to open myself up completely, without fear
- I am nurturing my inner well of inspiration

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I am stretching my boundaries
- I am focusing on people and things I may have taken for granted
- I am focusing on everything and everyone who is truly important to me
- I am focusing on the needs and wishes of others, as well as on my own needs and wishes
- I am taking care to use positive language

Plan to Rise in Love and Gratitude

21 Days to Gratitude CHECKLIST

- I am focusing on maintaining a positive attitude and outlook
- I have let go of judgment and negativity
- I am keeping a gratitude record or journal
- I am starting—and ending—each day with conscious gratitude
- I have completed my twenty-one days of gratitude and I plan to continue my new, focused and joyful lifestyle!

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

1. Make a commitment to living every day with more joy and gratitude. Do the exercises in this workbook to prepare yourself for the process.
2. Find a place in your home, office or outdoors where you can practice gratitude exercises (and pray, if you have strong spiritual beliefs) too. Make sure it is a place where you can:
 - Be uninterrupted
 - Be quiet
 - Find maximum inspiration and peace
3. Make a list of everything in your day-to-day life that you are grateful for. If it helps, go through the alphabet: Use it as a prompt, finding at least three things for each letter.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

Today I am grateful for:

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

W. _____

X. _____

Y. _____

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Read [4 Breathing Exercises for Beginners: Air Out Your Stress](#), by Vinaya Saunders.

Check out [Pranayama Breathing Videos](#); or find your own preferred meditation/yoga breathing video on the net.

Use your chosen video(s) to familiarize yourself with mindful breathing.

Read [5 Ways to Rewire Your Brain for Meaningful Life Changes](#), and familiarize yourself with the five essential steps to make new habits stick.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

- Try each exercise out at least three times during the morning, and find one that is most comfortable for you.
- Practice breathing in a mindful way. If you think yoga will be your preferred form of exercise, be sure to breathe in—and out—through the nose.
- You may be surprised, at first, to discover that what sounds absurdly simple is much harder than you imagine. If you are following a video, you will probably notice that you cannot sustain the breath duration as long as the instructor does.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Assess your eating habits. Make a list of foods you love ... and foods you hate. When you are done, go through the list and ask yourself for each food item or dish:

- What do I love/hate about it?
- How does it make me feel when I am eating it?
- How does it make me feel afterward?
- Am I bringing emotion or guilt to eating this food?

Examine your food habits. Decide how you are going to change ... and what one food habit/food you are going to start with.

Determine the best way to go about it.

And remember, you can start small—the important thing is to stick to that change consistently.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

My preferred breakfast foods: _____

I do not eat breakfast every day.

My preferred lunch foods: _____

I do not eat lunch every day.

My preferred supper foods: _____

My most usual foods: _____

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Read <https://www.binauralbeatsmeditation.com/the-science/>. Explore the site. Learn what each brain wave [affects](#).

Try out several music samples. Be aware if you are choosing music that energizes you and sharpens your focus ... or music that relaxes you or even helps you sleep.

Check other ambient meditation music (or guided meditations) out on your platform of choice:

- Google Play
- Spotify
- YouTube
- Other _____

Explore mindfulness and gratitude journals.

Find:

- A form that is right for you
- Digital or paper?
- Basic or in-depth?
- Large or small?
- Graphic/visual or text-based?
- Daily, weekly or monthly?

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

- Download or bookmark music you plan to use in your meditation and breathing exercises—or for other forms of exercise.

- Check out different types of gratitude and mindfulness journals online.
- Take a trip to the mall or to your favorite gift or stationery store. Look for a physical journal that delights you and suits your style.
- Make a decision and purchase your journal of choice.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Assess your current level of exercise. Is it enough? Do you need to incorporate more exercise? A different type of exercise?

Do you warm up and cool down adequately, when exercising? Does your exercise routine incorporate slow stretches at the beginning and end?

Decide whether or not you would like to explore the different forms of yoga ... or another type of breathing-centered exercise.

Decide whether or not you want to learn this online or take a local class

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

- Create a new exercise plan—even if it's just tweaking one detail about your current exercise routine.
- Bookmark and/or sign up for your chosen online yoga or _____ course.
- Decide which local yoga or _____ studio you want to take classes with.
- Book an introductory assessment or session.
- Check what amenities are available at the facility.
 - Showers
 - change room
 - additional services such as massage or Reiki
 - Drinks, (water, hot drinks, cold drinks)
- BE SURE TO ASK FOR A LIST of what clothing and equipment you will need to:
 - Purchase prior to your first class
 - Bring/wear to your first class

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Make a commitment to doing at least three things differently, every day.

Determine what “stories” you tell yourself about your own habits, your life, your health, your finances and other people that are keeping you stuck.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

Choose from familiar, repetitive activities such as writing or going somewhere you go every day.

Analyze your habits.

- What do you take for granted and do on auto-pilot?
- What routes do you always take?
- What snack do you always eat? At what time or on what specific occasion?
- Start doing this differently, whenever you can.
- Create a way to REMIND YOURSELF to embrace this practice

Decide what you are going to do about these.

- Do Byron Katie's [The Work](#)
- Seek the assistance of a professional
- Join an accountability group
- Just change it
- Other _____

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Steps to Take

Make a commitment to read at least one book for creative and/or spiritual self-improvement.

Find visual props you can use for inspiration, to promote gratitude and mindfulness.

Make plans to “fill your well” by choosing activities to do that will inspire and refresh you, putting you back in touch with your creative side.

Plan to Rise in Love and Gratitude

21 Days to Gratitude WORKSHEET

Use this Worksheet to make sure you take time in your day to be grateful and to live a purposeful life.

Action Tasks

- Check out:

[The Artist's Way: A Spiritual Path to Higher Creativity](#)

Other books:

- Beautiful photographs, paintings or posters
- Photographs of loved ones; of happy times
- Plants, flowers
- Objects such as sculptures, ornaments, wind chimes
- Image quotes you wish to print out and display
- Affirmations you wish to print out and display, to claim as your own
- Visit an art gallery or museum:
- Go for nature walks
- Visit a conservatory (hothouse plants)
- Other:

Plan to Rise in Love and Gratitude

About the Author



Originally from Harrison, Arkansas. Lana graduated from Ouachita Baptist University with a BA degree in physical education. She worked with many families during the years as a helper and nanny for many children. She has a heart and love for children. She worked as a physical education teacher at Faith Christian School for a year when she moved to Port St. Joe.

After many years of working with children, while living in Port St. Joe, she went back to school and graduated from Kaplan University with her BS degree in information technology and her MS degree in information technology. She is currently working on her PhD in information technology with a specialization in IT education.

Today Lana resides in a small coastal community, loves living by the water and walking on the beach. Her days are centered on her faith, her business www.givingjesus.com and writing her books. Her favorite pastime is coloring and creating her craft projects.

Her favorite quote to live by is “Every strike brings me closer to the next home run” (Babe Ruth).

www.givingjesus.com