

## Day 30 Gratitude

### Starting Point:

Have you kept up with the 30 days of this blog?  
Do you have a complete or nearly complete journal?  
Will you continue to keep a gratitude journal?  
Do you feel you have a different attitude now from when we started?

### Quote:

You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you. Sarah Ban Breathnach

### Bible verse:

I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds. Psalm 9:1

### Inspiration:

The Gratitude Challenge <http://www.youtube.com/watch?v=OHxIXLDMG0Q>

### Technique Challenge:

Watch Dyan's video and then try it yourself.

If you don't have Dyan's stamps (Why not?) then try other stamps that you already have.

Dylusions Shadow Stamping [http://www.youtube.com/watch?feature=player\\_embedded&v=oWz8QPIVFKE](http://www.youtube.com/watch?feature=player_embedded&v=oWz8QPIVFKE)

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