

GRATITUDE

JOURNAL



"Gratitude is the key that opens up the gateway of your heart and allows your love and inspirations to shine."

DR JOHN DEMARTINI

— *Invitation*

Gratitude is the number one tool to make us grow.



Gratitude elevates our state of being, enlightens our awareness and inspires our greatest actions. On the other hand, ingratitude weighs us down and brings us down.

True gratitude gives us a moment of fulfillment and love for life, for our existence, and for what is, as it is right now.

I once had a great teacher who said, "If there is a day in your life that you cannot be grateful for, it's wise to go back and look at that day from a different perspective, with different eyes until you see its purpose with a feeling of gratitude. Otherwise you will carry that day into tomorrow. You will never be able to be fully present tomorrow because you will still be stuck in that day."

I followed his advice and found it so beneficial that I want to invite you to do the same.

— *Daily Habit*

I challenge you to try this habit for one month.

Anything you can't be grateful for becomes baggage. The more ingratitude people accumulate in their life, the more they are stuck in the past, and that, in turn, creates fears of the future and guilt of the past, and prevents them from being inspired and present.

The universe bestows its gifts where they're most appreciated. If you're not grateful for what you've been given, then why would the universe want to give you more?

Research has proven that people who keep gratitude journals accomplish more, feel more, and heal more. They are overall more fulfilled.

So, reap the benefits of being grateful and make your life amazing through continuously applying the gratitude effect.

What is important is to develop the daily habit of being grateful for the many events filling your life.

I challenge you to try this habit for one month and not miss a day.

I am certain that you will experience a major shift in your thinking, feeling and actions and you will be amazed at how dramatically gratitude can inspire and transform your life.

Thank you for joining me on this journey of gratitude.



Love + Wisdom



WORDS OF POWER

My life appreciates in value
as I learn to appreciate life.

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WORDS OF POWER

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WORDS OF POWER

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When you're in a state
of gratitude, there's less
editing, less rewriting,
less redoing in your life.

DR JOHN DEMARTINI

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WORDS OF POWER

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Maintain a gratitude
attitude, regardless
of how life seems to
challenge you.

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WORDS OF POWER

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DR JOHN DEMARTINI

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WORDS OF POWER

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Anything you are
ungrateful for becomes
baggage and anything
you are grateful for
becomes fuel.

DR JOHN DEMARTINI

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WORDS OF POWER

My life is a constant
stream of blessings.

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THE BREAKTHROUGH EXPERIENCE

Dr John Demartini's signature program, the Breakthrough Experience - the #1 Transformation Seminar. Get ready to step up to your next level of empowerment because your life is about to change.

Become the master of your mind and your life. With new skills and methods you'll use for the rest of your life, the Breakthrough Experience truly changes the trajectory of your life.

LEARN MORE

Get ready.
Your life is
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CLIENT TESTIMONIALS



My life mission felt much more clear as a result of this weekend. The impact that this course can have on your life makes the cost seem insignificant. I had a huge breakthrough and I am now clear on how to take my life to the next level.

Nathan Shaw



The Breakthrough Experience is a moving and healing experience. Collapsing emotional charges so that I can take back control of my life and move into a more constructive and viable relationship with myself and those that I love.

Mausyn Diwan



The Breakthrough Experience is possibly the most life-changing event you will ever attend. My paradigm of life itself has been altered in the most mind expanding way possible. I simply would not be the individual I am today without this and I am forever grateful for Dr Demartini.

James Dean

[LEARN MORE](#)

Helpful Resources

Your growth is our inspiration



Determine Your Values

The Demartini Value Determination is a free, online, 13-step process to help you determine your unique set of highest values that are fingerprint-specific to you. The only cost is your time.

CLICK HERE

Mini Powers Assessment

If you're seriously committed to your own growth then book a FREE Discovery call with a member of the Demartini Team so we can take you through your mini power assessment session.

BOOK NOW

