

Jess Carlson - JessCarlson.com

# 30 Days of Gratitude

DEVELOPING AN ATTITUDE OF GRATITUDE  
FROM THANKSGIVING TO YULE



# Are You Ready To Be Grateful?



Around 2013 I got the idea to create a small printable gratitude journal to use during one of the most gratitude filled times of year - that time between Samhain and Yule when here in the States we celebrate the holiday of Thanksgiving. There is nothing better than ending one year and starting a new one with a heart full of thanks and an attitude of gratitude.



*Look at that! That's me, 4 years old, all dressed up for Thanksgiving at my great-grandma's house in 1979.*

At first you might not think of gratitude being an important practice in Witchcraft, but it really is. While you might not hear a lot of Witches talk about gratitude in the way you see in the new age community or hear them talking about using gratitude journals, but we work with gratitude too.

In the Craft gratitude might look like a series of offerings to a deity or spirit that helped with a spell or ritual. It might be the practice of journaling or working in a Book of Shadows while working on manifesting a spell.

As Witches we know that gratitude is important in magick as well as life. We know that if we don't show appreciation for what we have we aren't likely to see much more of it manifest. And life is crazy! We ALL forget to take time to stop and give genuine thanks for the things and the people we have in our lives. But the second we lose it, we sure do miss it.

One reason to embrace gratitude is simply working with the Universal principle of like attracting like. When you're grateful for what you have you find that this vibration is matched by the Universe and you get more of what you love in your life. It's one thing to say that you're grateful but the commitment of a practice of gratitude can truly amplify that vibration.

This particularly time of year creates a lovely framework to focus on gratitude in a general sense. The time between Thanksgiving and Yule gives just under 30 days to take five or ten minutes out of each day to reflect on what you're grateful for. This period of weeks is often so filled with the warming of the heart through feelings of gratitude and appreciation that it's naturally a great time for working with this powerful energy.

This ebook contains 30 days of journaling pages to get you started with finding your gratitude groove. The goal is not to just say you're grateful but really feel your gratitude. This is what it means to create a vibration. We have to really know what it feels like so we can recognize it in our lives. When we create the vibration and then live in alignment with that vibration miracles can happen.

**THAT'S MAGICK, THAT'S HOW WITCHERY BEGINS.**

## *Using This Journal:*

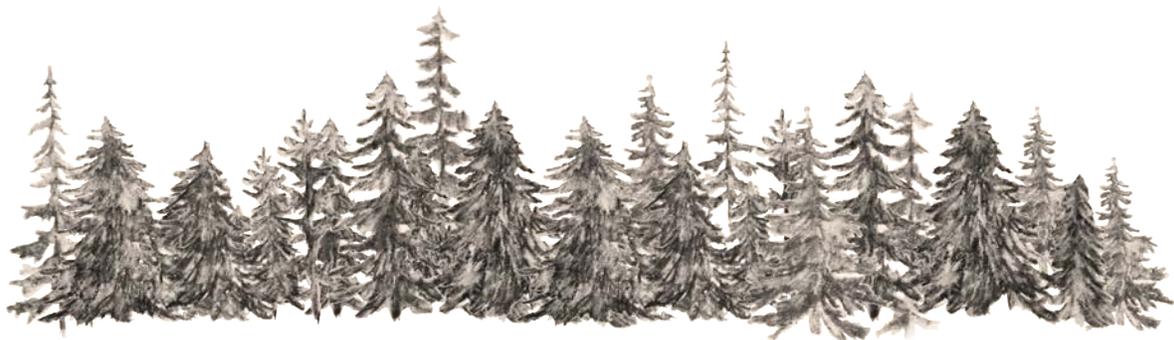
Print out the journal. Yes, print it! I intentionally didn't make it "fillable" because there is a power in using your own hand to write your words. Energy flows from your body through the pen like Witch's wand and works to manifest your intentions.

Put it in a binder or Modge Podge it into a notebook or journal of thick paper. Once your journal is set up begin taking time every day to fill out a page for the next 30 days. There's no wrong way to do it! You might find working with the first few questions in the morning sets your whole day up for a day of gratitude while coming back to reflect on the later questions at night keeps gratitude in mind.

I've also included a small spot for a daily card draw. The way I work with this is to sit down with a deck of tarot or oracle cards and shuffle while setting the intention "Where am I not seeing gratitude today?" Pull your card and make a few notes about what this brings to mind.

Remember - "where attention goes energy flows!" If you want more of these things in your life you need to be in the energy and vibration of those things while showing appreciation and gratitude for them.

**SO GO FORTH AND BE GRATEFUL, BE  
POSITIVE, AND WORK YOUR MAGICK!**





# Bonus! Card Spreads!



Before we dive into our daily gratitude practice, let's get some initial clarity around our connection to gratitude. Get out a tarot or oracle deck and use these spreads before getting started with the journaling to see what you need to be more aware of as you get started.

## ***Moving From Lack to Gratitude***

This one is great if you know you're going into this with a feeling of lack.



1. The lack I've been stuck on.
2. The gratitude I should be focusing on.
3. What grateful actions I can take to shift from lack to abundance through.

### ***My Reading:***

---

---

---

---

---

---

## ***Gratitude for the Self***

Sometimes we forget to have gratitude for ourselves. It's not always about other people!



1. What I do for myself that I don't always notice.
2. The gratitude I carry in my heart for myself.
3. The gratitude my Higher Self has for me.

### ***My Reading:***

---

---

---

---

---

---

---

---



***How Can I Put More Gratitude Out Into The World***

Having gratitude within ourselves is one thing but it's important to express it in the world.



1. How can I show more gratitude for the challenges in my life?
2. How can I show more gratitude for the people in my life?
3. How can I show more gratitude for the Divine, Spirits, and my Higher Self?
4. How can I show more gratitude for the Earth itself?

***My Reading:***

---

---

---

---

---

---

---

---





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.





***Gratitude Card of the Day:***

***Today I am grateful for:***

***The person I am most grateful for today is:***

***One thing I did today for someone else to brighten their day:***

***The one thing I feel most blessed to have in my life today:***

***5 other things I'm grateful for today***

- 1.
- 2.
- 3.
- 4.
- 5.



## About Me



HI, I'M JESS...

**I BELIEVE IN MAGICK, SPIRITS,  
THAT POWER OF YOUR INNER  
WITCH,**

I'm a Witch, intuitive tarot and oracle reader, and magickal teacher. I hate seeing people struggle to make their life fit into a spiritual practice when what they really need is a spiritual practice that fits their life as it is.

Magick, meditation, journaling, ritual, spells, reflection...it is all possible no matter what your job is like, whether you have kids or not or even if you love going to the club three nights a week. Your practice is your practice. Make it your own because the magick is all around you!

Through blogging, social media, and private intuitive sessions I help women figure out what they need spiritually, discover how to activate their inner Witch, and help them learn to set their intentions and cast real magick in the world.

**THE GREATEST SPELL YOU'LL EVER WORK IS THE  
LIFE YOU LIVE DAY TO DAY. SO MAKE IT COUNT,**

