

## 21 Days of Gratitude Challenge: Finding Freedom from Self-Pity and a Negative Attitude (A Life of Gratitude)



During a season of transition in my life, I found myself overwhelmed with negative emotions like self-pity and a complaining spirit. It was as if a dark cloud had descended over me. I prayed and asked God for wisdom on how to overcome these negative emotions. And I sensed Him leading me to do this 21 days of gratitude challenge. Over the course of the 21 days, God began to change me as I spent intentional time being grateful for all I have been given. I did this through writing in my journal each day and also sending a hand-written thank you note to someone different each day. And now I want to share what I learned with you in the short, but powerful book. What to Expect On Each Day of the Challenge: Listen to my personal stories, struggles and reflections. Listen to one scripture and one quote about gratitude. Apply one personal application step. Get accountability and encouragement. Along with the 21 day challenge, I also started a private Facebook group to provide accountability and encouragement for myself but also for others who decide to join me in the challenge. You will get access to this group as well. It has been amazing to see God at work in each of our lives. Will you join us? Scroll up and click buy to embark on this 21 days of gratitude challenge with us!

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