

Thank God
I am blessed

Written with love by
TAMANNA



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Thank God I Am Blessed

A Journey of Affirmations, Healing, and Divine Grace

by Tamanna Neeraj Chandna

Founder of NTSC Forever Wellness Solutions

(Natural Treatment for Soul and Cell by healing and feeling

Dedication

This book is lovingly dedicated to my beloved husband Neeraj Chandna — the soul who keeps me positive and grounded in every situation. His love, faith, and strength are my constant inspiration. A special offering of my deepest love and respect to my father and mother — the pillars of my strength, whose blessings, values, and unconditional love have shaped every part of my journey. My heartfelt gratitude also goes to my younger brother Rajan Popli, and to my elder brother-in-law Avinash Chandna, who has always been more like a father to me — a guiding light whose support has carried me through many chapters of life. To my precious daughter, Shraddha Chandna, and my wonderful son, Vedant Chandna — you are the purest blessings of my life. Your love, innocence, and joy give me purpose, strength, and the inspiration to keep growing every day. I am grateful to everyone who believed in me — my family, my teachers, my mentors, my clients, and all those divine souls who crossed my path and added light to my life. This book is not just a book it's experience it is a vibration of Grace, meant to awaken your own divine power. And above all, I dedicate this book to the Divine Energy of the Universe and to the higher power each of us believes in. May everyone who reads these words feel the touch of Grace, the flow of light, and the beauty of the Divine energy that lives within all.

About the Author

I am Tamanna, a believer in the power of Grace, gratitude, and healing energy. I am a practitioner of Naturopathy, Reiki, Colour Therapy, Handwriting Therapy, and Vedic Healing, parenting and an Affirmation Coach founder of NTSC FOREVER WELLNESS SOLUTION

Through my work with NTSC Forever Wellness Solutions (Natural Treatment for Soul and Cell), I guide people to align their body, mind, and soul through natural therapies and Divine awareness some ayurvedic ancient products.

I don't believe in the Law of Attraction — I believe in the Law of Grace.

Everything you desire already exists within you. You don't need to manifest it — you only need to open your heart and remember who you are.

We don't need to chase or manifest anything. Everything we desire — health, happiness, abundance, peace — already exists. When we live in gratitude and align our thoughts with divine grace, life naturally unfolds in our Favor.

This book is not about “asking” the universe. It's about **remembering** who you already are — a divine being, infinitely blessed.

Through affirmations, we reprogram our subconscious mind and awaken our connection with grace.

In just **21 days**, you can begin to see transformation — not because you “manifested” it, but because you finally allowed grace to flow through you.

Core Message:

Forget manifestation. Everything you want already exists.

Gratitude is the key that unlocks grace.

Affirmations are the bridge that connect your mind to your

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Chapter 1:

The Law of Grace — The Hidden Power Behind Everything

There is a divine law that is higher than every other law — higher than the law of karma, the law of attraction, or any rule of cause and effect. This is the **Law of Grace** — the law through which life flows effortlessly when we surrender to the Divine Energy.

People say, “If you want something, work hard for it. Think positive. Change your beliefs.”

Yes, that helps — but there is a **higher truth**:

When you live in surrender and gratitude, **grace** takes over. Grace can dissolve your past, rewrite your present, and align your entire reality in your Favor.

The Bhagavad Gita teaches this beautifully. Wherever there is **Krishna** (divine consciousness) and **Arjuna** (the surrendered seeker), there is success, abundance, peace, and freedom.

Krishna here is not a person — it is the **infinite consciousness** that lives through everything and everyone. And Arjuna represents *you and me*, when we drop ego and surrender our will to that divine power.

When we try to control life through our personal will, we live under the law of karma — action and reaction, cause and effect.

But when we **surrender** our will to the divine — when we say, “Nirankar, I trust you completely” — then we rise above karma and enter the flow of **grace**.

Grace doesn’t work through effort; it works through **faith** and **devotion**.

Faith is not just belief — it is **knowing** that the divine is real, alive, and guiding you every moment.

When we start living with faith, surrender, and gratitude, miracles stop being rare — they become natural.

This is what the **Law of Grace** teaches:

You don't need to attract anything.

Everything you desire — health, peace, wealth, love — already exists in divine consciousness.

You only need to **open your heart through gratitude** and allow grace to flow.

That's why I say —

“Forget manifestation. Everything you want already exists.”

“Thank God I Am Blessed.”

Chapter 2:

The Hidden Law – Beyond Karma and Attraction

Most people have heard about the *Law of Attraction*, the *Law of Karma*, or the *Law of Vibration*.

Each of these teaches us something valuable — that our thoughts create our reality, that every action has a reaction, and that everything in the universe is energy.

But there is a law higher than all of them —

The Law of Grace.

Grace is divine energy — pure, effortless, unconditional.

It is the invisible force that flows through everything and everyone.

When you stop trying to control life and instead surrender to the Divine, life begins to flow *through* you, not *against* you.

You may attract small things through thoughts and manifestation, but through **Grace**, you receive what is truly meant for you — not just what you *want*, but what your *soul* needs.

Law of Attraction vs. Law of Grace

The Law of Attraction says: “Think and you will receive.”

The Law of Grace says: “Surrender and you will receive.”

Attraction requires effort — you try to think, visualize, and control your energy.

Grace requires surrender — you allow divine energy to guide your path.

With Attraction, you ask the universe for something.

With Grace, you unite with the universe itself.

Attraction is based on desire.

Grace is based on faith.

Grace Dissolves Karma

According to the Law of Karma, every action has a consequence.
But Grace can dissolve even the hardest karma.

When you truly surrender and say from your heart,

“Dear Krishna, I hand over everything to You,”

something magical happens — the energy of your past begins to release.

Old patterns, pain, and blocks start to dissolve,
and a new frequency of peace and flow takes their place.

Grace doesn't mean you will never face challenges again.

It means that challenges will no longer shake you.

Instead of fighting life, you begin to *flow* with it.

When Life Begins to Flow Through You

When you live in Grace, everything aligns naturally —
the right people, opportunities, healing, and abundance come effortlessly.

Time itself begins to Favor you.

I have experienced this in my own life.

When I stopped chasing and started surrendering —

when I began each day with gratitude —

every area of my life started to transform:

my health, my relationships, my peace, and my purpose.

That's when I realized —

“It's not manifestation. It's Grace that creates miracles.”

The Secret of Divine Flow

When you connect with Divine Energy — whether you call it **Krishna, Shiva, Nirankar, or the Universe** — you raise your vibration to a divine frequency.

And once your vibration becomes divine,
you don't need to attract anything.
Everything you need starts moving toward you.

Grace is effortless.
Grace is love without conditions.
Grace is abundance without struggle.
Grace is healing without asking.

In Simple Words

Grace whispers:

“Just live in gratitude, and I will open every door for you.”

When you say “*Thank You*” with true feeling,
it becomes a prayer.
And every sincere prayer becomes a divine power.

Living in gratitude is the simplest and most powerful way
to invite Grace into your life.

Special Message to You

“You don't have to manifest anything.
Everything you desire already exists.
Just connect to Divine Grace through gratitude,
and watch your life transform.
When you live in faith and surrender,
life itself becomes your miracle.”

What Is Grace?

Grace is the most powerful, pure, and unconditional energy in existence.

It is not something you earn or achieve — it is something you *receive*.

Grace is the hand of the Divine guiding you even when you think you are lost.

It is that gentle voice that says,

“You are safe. You are loved. You are already blessed.”

Grace is not about doing more — it’s about *being more open*.

It’s about allowing life to happen through you instead of trying to control it.

Grace Is the Energy of the Divine

Grace is the infinite energy of creation itself.

It is the breath behind every heartbeat, the peace behind every prayer,

and the love behind every act of kindness.

When you connect to Grace, you connect to **Krishna consciousness**

that state where your heart is full of faith, your mind is silent, and your soul feels one with the Divine.

Grace doesn’t see your mistakes.

It sees your divine potential.

It doesn’t ask for perfection — it only asks for *surrender*.

You Don’t Have to Be Worthy — You Just Have to Be Willing

One of the biggest misconceptions is that we must be “perfect” or “pure” to receive divine blessings.

But Grace doesn’t wait for perfection — it flows where there is *openness*.

You don't have to meditate for hours, follow rituals, or know all the scriptures.

All you need is a sincere heart that says,

“Dear Krishna, guide me. I trust You completely.”

The moment you say this with honesty, the doors of Grace open.

You begin to see signs, synchronicities, and miracles in your daily life.

Grace is always around you — you only need to *recognize* it.

Grace Is the Real Power Behind Change

You may think your willpower, effort, or knowledge create results — but the truth is, everything happens through the Divine flow.

When Grace enters your life, things start moving effortlessly:

The right people appear.

The right opportunities align.

Healing happens naturally.

And peace fills your heart without reason.

Grace doesn't change the world outside you —
it changes the world *inside* you,
and that inner change transforms everything else.

The Role of Gratitude in Awakening Grace

Gratitude is the doorway to Grace.

When you start thanking life — even for small things —
you begin to shift from resistance to acceptance.

When you say, “Thank You” to Krishna, to the Universe, to life itself —
you send a signal to the Divine:

“I am ready to receive. I trust Your plan.”

The more you live in gratitude,
the more Grace flows through you.
It's like tuning a radio — when your frequency becomes gratitude,
you automatically receive the signal of divine energy.

Affirmations to Connect with Grace

Repeat these daily with feeling and faith:

1. *I am surrounded by Divine Grace in every moment.*
2. *Everything I need already exists within me.*
3. *I trust the flow of life and surrender to Krishna's plan.*
4. *I am open to miracles, blessings, and divine guidance.*
5. *Grace is working through me and for me effortlessly.*
6. *Thank You, God, for loving me unconditionally.*
7. *I am a channel of peace, abundance, and healing.*

Speak them slowly, with a smile and a grateful heart.
You will begin to feel a gentle shift — a calmness, a lightness, a quiet
power.
That's Grace awakening within you.

Special Message for you

Grace is not far away.
It's the energy that breathes through you, walks with you, and loves
you.

You don't need to search for it — you only need to notice it.
Every blessing, every challenge, every person —
is Grace in disguise, helping your soul grow.

“Grace is not a miracle that happens once in a while.
Grace *is* the miracle happening every moment.”

How to Live in Grace Every Day

Grace is not something you visit once in a while — it's a way of living.

It's a choice you make each morning: to trust instead of worry, to thank instead of complain, and to surrender instead of control.

When you start living in Grace consciously,
life begins to unfold effortlessly,
and you start to experience a calm joy that no situation can shake.

This chapter will show you simple daily steps
to help you live in Grace every day — with gratitude, awareness, and faith.

Step 1: Start Your Morning with Gratitude

The first thought of your morning decides the vibration of your entire day.

Before you touch your phone or speak to anyone, place your hand on your heart and whisper:

“Thank You, God. Thank You, Krishna.

Thank You for another beautiful day of life.”

You don't have to list a hundred things — just *feel* grateful for waking up, for breathing, for being alive.

That single feeling aligns your energy with Grace instantly.

Morning Gratitude Practice:

- Close your eyes.
- Take 3 slow breaths.
- Name 3 things you are thankful for today.
- Smile gently.

That's it — you have already stepped into Grace.

Step 2: Connect to the Divine Energy You Believe In

Grace flows best through connection.

Take a few moments daily to connect with the Divine Energy — whether you call it Krishna, Shiva, Jesus, Nirankar, or simply *Love*.

You can do this by:

- Lighting a candle or diya.
- Chanting a short prayer or mantra.
- Or silently saying:
“I am connected to the Divine within me.”

Feel that warm, peaceful energy inside your heart.

It's not outside — it's already within you.

This small moment of connection fills your entire day with divine strength and calm. 

Step 3: Live with Awareness

When you are aware, you stop reacting and start responding.

Grace lives in awareness — in the small pause before you speak, in the calm breath before you decide, in the choice to stay peaceful when others are not.

Awareness is your bridge to Grace.

You can practice it anywhere:

- While drinking water, say, “*Thank You for this healing energy.*”
- While driving, feel grateful that you are being guided safely.
- While working, silently repeat, “*Grace flows through my work.*”

Every ordinary act can become sacred when done with awareness.

Step 4: Evening Reflection

Before sleeping, take a few minutes to thank the day.
Instead of focusing on what went wrong,
close your eyes and whisper:

“Thank You for everything that happened today —
for the lessons, the laughter, and even the challenges.
I trust that everything is part of a higher plan.”

This simple ritual clears your energy and brings peace to your subconscious mind.

You will sleep deeply and wake up refreshed in divine alignment.

Step 5: Use Daily Affirmations of Grace

Affirmations are powerful tools to reprogram your subconscious mind.

Repeat them every morning or whenever you feel low.

Here are some Grace-based affirmations you can use:

1. *I live every day in the flow of Divine Grace.*
2. *Everything that happens is for my highest good.*
3. *I trust the timing and wisdom of the Universe.*
4. *I am guided, protected, and blessed always.*
5. *Grace works through me with ease and joy.*
6. *I release control and allow miracles to unfold.*
7. *Thank You, God, for filling my life with light and love.*

Write them in your journal or place them on your mirror —
let these words become the vibration of your everyday life.

Step 6: Remember — You Are Not Alone

Grace means you are always supported.

Even when life feels uncertain or painful,

the Divine is working silently behind the scenes.

Every delay, every challenge, every detour
is guiding you to something better.

Whenever fear appears, close your eyes and say:

“Grace is taking care of me. I trust the Divine plan.”

You will feel an instant calm —
because faith and fear cannot exist together.

Special message for you

Living in Grace is not about escaping life —
it's about living it fully, with peace, trust, and love.

You are not just a human being struggling through situations —
you are a divine soul guided by a higher energy every moment.

When you wake up with gratitude,
walk with awareness,
and sleep with surrender —
you live in a continuous flow of miracles.

“Grace doesn't make life perfect.
Grace makes life peaceful.”

Chapter 3:

Healing Through Grace

True healing doesn't come from medicine alone — it comes from energy, faith, and surrender.

When you open your heart to Divine Grace, every part of you — body, mind, and soul — begins to align with its natural state of peace and wholeness.

Grace is not just a spiritual idea — it is a real energy that can transform pain into peace, fear into strength, and confusion into clarity.

The moment you stop trying to “fix” everything and simply say,
“Dear Krishna, please take over. I surrender this situation to You,”
you invite healing to begin on the deepest level.

Healing Is Remembering Who You Really Are

You are not broken. You are not lost.

You are not your pain, your illness, or your past.

You are a divine soul — whole, pure, and loved unconditionally.

Healing happens the moment you remember this truth.

Grace doesn't come to change who you are —
it comes to *remind* you who you have always been.

When you see yourself as light instead of limitation,
your body and mind naturally begin to return to balance.

Healing the Mind

The mind is like a mirror — when it is dusty with fear, guilt, and worry, you can't see your true reflection.

Grace gently clears that dust.

When you surrender your thoughts to the Divine and choose peace, you stop feeding the energy of fear and start feeding the energy of faith.

Every time you feel anxious or restless, pause and affirm:

“My mind is calm because Divine Grace is guiding me.”

You'll notice that overthinking slows down,
and your inner voice becomes soft, loving, and clear.

Grace brings silence to the storm.

Healing the Body

Your body listens to every word you think and feel.

When you speak lovingly to yourself and live with gratitude, your body begins to heal faster.

Grace activates your body's natural intelligence —
your cells start vibrating with peace instead of stress.

Healing is not just about treating symptoms;
it's about bringing harmony to both the *soul* and the *cell*.

When your soul feels peaceful,
your cells automatically receive that vibration and begin to restore balance.

Affirmation for Physical Healing:

“Every cell of my body is filled with light, peace, and divine energy.
I am healing effortlessly through Grace.”



Healing the Heart

Emotional wounds are the heaviest because they often come from love, loss, or betrayal.

Grace doesn't erase these experiences — it transforms them into wisdom.

When you stop asking “*Why me?*” and start saying “*Thank You for this lesson,*”

you release the energy of pain and open the door to freedom.

Remember: the heart heals not when it forgets,

but when it understands. 🧡

Affirmation for Emotional Healing:

“I forgive. I release. I trust the Divine plan.

My heart is free, and my soul is peaceful.”

Healing Relationships

Every person in your life is a mirror showing you something about yourself.

Some mirrors reflect love, others reflect lessons.

When you view people through Grace, you stop judging and start understanding.

Even those who hurt you are part of your soul's growth.

Grace teaches us to love without attachment,
to forgive without resentment,
and to connect from the soul, not from the ego.

Affirmation for Relationship Healing:

“I see every relationship as a divine connection.

I choose love, understanding, and peace in all my interactions.”

Healing Through Surrender

The deepest healing happens when you stop resisting life.

Surrender doesn't mean giving up — it means *trusting fully*.

It's saying,

“I don’t know how this will work out,
but I know I am protected and guided.”

When you surrender to Grace, your energy shifts instantly.
You move from fear to faith, and healing begins naturally.

Grace heals not by changing circumstances first,
but by changing *you* from within — and then your outer world
follows. 🌸

Daily Practice: The Grace Healing Meditation

1. Sit quietly and take a few slow, deep breaths.
2. Place your hand on your heart and say softly:
“I am safe. I am loved. I am healed.”
3. Visualize a golden light flowing from above — entering
through your head,
moving through your heart, and filling your entire body
with warmth and peace.
4. Whisper:
“Thank You, Grace, for healing me completely — body,
mind, and soul.”
5. Stay in silence for a few moments and feel the calm
spreading within you.

This practice, done daily, creates a powerful shift.
It reminds your body and soul that they are instruments of divine
energy.

Massage for you

Healing is not a destination — it is a sacred journey.
You don’t have to force it. You don’t have to rush it.
You only need to *allow* it.

Grace is already working within you —
healing, guiding, and transforming your life in ways you may not yet
see.

Trust this process.
Be kind to yourself.
Keep saying *thank you*.

Because gratitude is the language of Grace,
and healing is its natural response.

“You don’t have to chase healing.
When you rest in Grace, healing chases you.”

Chapter 4:

The 21-Day Grace & Gratitude Practice

In just **21 days**, you can reprogram your subconscious mind, awaken your inner power, and invite miracles into your life.

Grace works through *consistency* and *faith*.

Every day, as you affirm your truth and express gratitude, you raise your vibration and align with Divine Energy.

This 21-day practice is designed to heal your mind, body, and soul — one thought at a time.

Remember:

“You don’t have to force change.

When you live with gratitude, change happens through Grace.” 

How to Begin

Morning Practice:

Start your day with the Divine. Sit quietly for 5 minutes, take deep breaths, and repeat the daily affirmation. Feel the energy in your heart expanding.

Evening Reflection:

Before sleeping, write 3 things you’re grateful for — no matter how small. Gratitude turns ordinary moments into miracles.

Daily Intention:

Every day has a purpose — health, love, peace, or abundance. Let that be your focus and your prayer.

Days 1–7: Healing the Soul

Focus: Peace, Forgiveness, and Self-Love

Day 1: I Am Light

“I am a divine soul. I am light, I am peace, I am love.”

Day 2: Surrender

“I let go of control and trust that Grace is guiding my life.”

Day 3: Forgiveness Heals Me

“I release all resentment and choose peace over pain.”

Day 4: I Am Protected

“Divine energy surrounds me, guards me, and flows through me.”

Day 5: I Am Enough

“I accept myself completely. I am already whole.”

Day 6: My Heart Is Open

“I open my heart to love, joy, and new beginnings.”

Day 7: Gratitude for My Journey

“Every experience made me wiser. I thank life for all lessons.”



Days 8–14: Healing the Mind

Focus: Positive Thinking, Clarity, and Focus

Day 8: I Choose Peace

“No matter what happens, my mind stays calm and peaceful.”

Day 9: I Am Guided

“Divine wisdom speaks through my intuition. I listen and follow.”

Day 10: I Focus on the Good

“My mind sees blessings everywhere I look.”

Day 11: I Trust Divine Timing

“Everything in my life unfolds perfectly at the right time.”

Day 12: I Release Fear

“Fear is just energy — I transform it into faith.”

Day 13: My Thoughts Create My Peace

“I think loving thoughts, and my world mirrors love.”

Day 14: I Am Blessed

“Blessings flow to me easily because I live in gratitude.”



Days 15–21: Healing the Body & Life

Focus: Abundance, Vitality, and Graceful Living

Day 15: My Body Is a Temple

“Every cell of my body vibrates with light, health, and harmony.”

Day 16: I Attract Abundance Naturally

“Money, opportunities, and success flow to me through Grace.”

Day 17: I Am Surrounded by Love

“I am a magnet for kind, loving, and positive people.”

Day 18: I Flow with Life

“I stop resisting and allow life to flow through me effortlessly.”

Day 19: I Am One with Divine Energy

“Divine Grace flows through me — healing, guiding, and creating miracles.”

Day 20: I Celebrate Myself

“I celebrate my growth, my healing, and my divine journey.”

Day 21: Thank You, Grace

“Thank You, Divine Energy, for blessing me with health, happiness, and peace.”

Completion Message

Congratulations!

You have completed the **21-Day Grace & Gratitude Practice**.

You are now aligned with Divine Energy — body, mind, and soul.

You’ve learned to replace resistance with surrender, fear with faith, and complaints with gratitude.

Keep these affirmations close to your heart and repeat them often.

Grace doesn’t stop after 21 days — it continues to flow through you forever. 

“Gratitude is the key that unlocks miracles.

Grace is the hand that delivers them.”

Chapter 5:

Affirmations for Every Area of Life

Affirmations are not just words — they are **vibrations** that communicate directly with your subconscious mind.

When repeated with faith, they awaken the **Divine Energy** within you and attract experiences that match your frequency.

You don't have to *manifest* anything — you simply need to **align** with what already exists in Grace.

Every affirmation is a prayer, a declaration, and a reminder that *you are already blessed*.

Say these daily, feel them, and believe:

“Everything I need is already within me, waiting for my faith to unlock it.”

Affirmations for Health & Healing

My body is a temple of Divine energy and light.

Every cell in my body vibrates with harmony, strength, and health.

Healing flows effortlessly through every part of me.

I am grateful for my healthy, energetic, and radiant body.

I nourish myself with love, peace, and gratitude.

Divine Grace restores me to perfect health now.

I listen to my body with kindness and respond with care.

I am free from all pain, fear, and negativity.

My immune system is strong, balanced, and full of vitality.

I am surrounded by the healing energy of Divine love.

Affirmations for Wealth & Abundance

I live in a universe of infinite abundance.

Money and opportunities flow to me easily through Divine Grace.

I am open to receiving prosperity in expected and unexpected ways.
I attract success by being authentic and grateful.
I release all beliefs of lack and embrace the truth of abundance.
Every rupee I spend returns to me multiplied through Grace.
I am worthy of wealth, comfort, and a prosperous life.
Abundance is my natural state, and I live in it joyfully.
My business grows through service and love.
Thank You, Divine Energy, for blessing me with financial freedom.

Affirmations for Love & Relationships

I am surrounded by love in all forms.
I give and receive love freely and effortlessly.
My heart is open to Divine love flowing through all my relationships.
I attract kind, honest, and uplifting people into my life.
My partner and I grow together in trust, joy, and understanding.
I forgive the past and welcome new love with grace.
I am worthy of deep, unconditional love.
Every relationship in my life teaches me something valuable.
I communicate with compassion and listen with an open heart.
Divine Grace fills my home and relationships with peace and harmony.

Affirmations for Confidence & Success

I believe in myself and in the Divine power working through me.
I am capable, confident, and calm in every situation.
My presence inspires and uplifts others.
I take aligned action guided by Divine wisdom.
Every challenge I face makes me stronger and wiser.
I am grateful for my unique gifts and talents.
Success flows to me naturally because I serve with love.
I radiate confidence, positivity, and purpose.
I am always in the right place at the right time.
Divine Grace supports me in every step of my journey.

Affirmations for Peace & Positivity

My mind is peaceful, calm, and centred in Divine love.
I release all resistance and allow Grace to flow through me.
I choose peace over worry, love over fear, and faith over doubt.
I am free from all negativity — only light remains within me.
I trust the process of life and surrender to Divine timing.
I am surrounded by calmness and serenity in every situation.
Every breath I take fills me with peace and gratitude.
I see beauty and blessings in everything around me.
I am at peace with myself, my past, and my future.
Grace is my constant companion — I live in peace.

Affirmations for Spiritual Growth

I am one with Divine Energy — I am light, love, and truth.
I am guided by the wisdom of Grace in every decision.
I trust that everything in my life is happening for my highest good.
I connect daily with the Divine through prayer, silence, and gratitude.
I am a vessel of healing, light, and love.
I release all illusions of separation and remember who I truly am.
My soul is awakening to higher levels of consciousness.
The Divine within me blesses everyone I meet.
I walk the path of Grace with faith, surrender, and love.
Thank You, Divine Energy, for choosing me as an instrument of Your light.

Message for you

Affirmations are your bridge between the visible and the invisible.
Repeat them daily with love — not to create something new, but to **remember what already is.**

“You don’t chase blessings — you recognize them.
You don’t manifest — you align with Grace.”

Keep your heart open, your thoughts kind, and your faith steady.
Every word you speak in gratitude becomes a seed that blossoms
into miracles.

Thank God, I Am Blessed.

Chapter 6:

The Law of Grace — Beyond Manifestation

Forget Manifestation. Everything You Want Already Exists.

We live in a world that teaches us to *manifest* —
to think positive, to visualize, to attract what we want.

But here's a deeper truth I discovered through my own journey:
You don't have to *attract* anything.
You only have to *align* with what already exists.

Everything — love, abundance, health, peace — is already present in
the Divine field of Grace.

You are not separate from it.

You are part of it.

Grace doesn't respond to your effort — it responds to your
surrender.

What Is the Law of Grace?

The **Law of Grace** is the highest law of the universe —
beyond karma, beyond vibration, beyond attraction.

Where karma is about action and reaction,
and attraction is about thought and focus,
Grace is about *surrender and faith*.

It is the law that says,

“You don't have to chase life.

Life will flow through you when you trust the Divine plan.”

Grace doesn't follow your mind's timing —
it flows according to the wisdom of the Divine.

When you truly let go and say,

“Krishna, I trust You completely,”
that’s when Grace takes over.
And miracles — effortless, natural miracles — begin to happen.

Karma, Attraction, and Grace — The Three Levels of Reality

There are three main energies that govern our experience of life:

1. **The Law of Karma** — *You reap what you sow.*
Every action creates a reaction.
This is the law of cause and effect within the physical world.
2. **The Law of Attraction** — *You attract what you think and feel.*
Your vibration determines your experiences.
This law works through your subconscious mind and emotions.
3. **The Law of Grace** — *You receive what you surrender to.*
Here, you no longer depend on thoughts or actions alone.
You rest in the Divine flow — and life moves through you.

Grace is the state beyond effort.

It is the space where your human will and Divine will become one.

When You Stop Controlling, Life Starts Flowing

The ego wants control.

It says, “I will create my reality.”

But the soul says, “I will trust the Divine to create through me.”

When you surrender, your vibration instantly rises —
not because you “manifested” something,
but because you finally *stopped resisting* what is already yours.

Grace works in silence.

It doesn’t need a vision board, ritual, or technique.

It needs your *trust*.

“You are not here to make things happen.
You are here to allow the Divine to happen through you.”

How to Activate the Law of Grace

You don't *activate* Grace by doing — you *open* to it by being.
Here are gentle ways to live in alignment with it every day:

1. 🌸 **Surrender Every Morning**
When you wake up, say:
“Dear Krishna, thank You for another day.
Guide me. Work through me. I trust You completely.”
 2. 🌿 **Practice Gratitude, Not Expectation**
Gratitude connects you instantly to Grace.
Don't wait for miracles to thank — thank, and miracles will come.
 3. **Let Go of “How” and “When”**
Grace has its own timing.
When you release control, life begins to flow in divine rhythm.
 4. **Act from Inspiration, Not Fear**
When Grace guides you, your actions feel effortless.
Follow peace, not pressure.
 5. **Stay Humble and Open**
The more you surrender, the more the universe can pour through you.
Grace enters where ego leaves.
-

Grace Is Always Working for You

Even when things seem difficult, Grace is working behind the scenes —
rearranging people, situations, and energy for your highest good.

You may not understand it in the moment,
but one day you'll look back and realize —
every delay was protection, every challenge was direction.

“What you call a problem, Grace calls preparation.”

Trust that everything unfolding is part of your divine path.

You are never alone.

The same power that moves the stars and the oceans moves through
you.

Affirmations for Living in Grace

Repeat these daily — especially when you feel uncertain or impatient:

1. 🍷 *I live in the effortless flow of Divine Grace.*
 2. 🌿 *Everything I need comes to me at the perfect time.*
 3. 🌸 *I release control and trust the wisdom of Krishna.*
 4. 🕊️ *I am guided, protected, and supported by the Universe.*
 5. 🌻 *Grace is working for me, through me, and around me always.*
-

Massage for you

When I understood the Law of Grace, my life completely
transformed.

I stopped forcing and started flowing.

I stopped asking “*Why me?*” and started saying “*Thank You.*”

From that moment, blessings multiplied — not because I worked
harder,

but because I let Grace lead.

“Grace is not earned — it is remembered.

The moment you surrender, you remember who you truly are —
a child of Divine Love.” 🌸

Chapter 7:

The 21-Day Grace Practice — Reprogramming the Subconscious Mind

Transform Your Inner World and Let Grace Work Through You

Your subconscious mind is the silent power behind your entire life. It records every thought, emotion, and belief — and then mirrors them back as your reality.

If your subconscious is filled with fear, doubt, or limitation, you will keep repeating the same patterns.

But when your subconscious is filled with faith, gratitude, and love, Grace begins to flow naturally — and life transforms effortlessly.

“Your outer world is a reflection of your inner conversation.”

The **21-Day Grace Practice** is a journey of reprogramming your subconscious mind —

not by *forcing change*, but by *allowing alignment*.

In just 21 days of consistent gratitude, affirmation, and surrender, you can awaken to your true Divine power. 🌸



Understanding Your Subconscious Mind

The subconscious mind is like fertile soil.

Whatever seed you plant — fear or faith, doubt or trust — will grow.

Most people keep planting old seeds from their past stories.

They say, “I’m not lucky,” or “Nothing ever works for me,” and the subconscious obeys.

It doesn’t argue; it simply manifests whatever you believe to be true.

But here's the secret:

When you fill your subconscious with the energy of **Grace**, you shift from “trying to attract” to “allowing to receive.”

That's when miracles start happening.

Why 21 Days?

Science and spiritual wisdom agree that it takes around **21 days** to rewire your subconscious patterns.

For three weeks, your mind learns to replace fear with faith and control with surrender.

Every repetition, every word of gratitude, and every affirmation builds a new energetic imprint.

By day 21, you begin to notice subtle shifts — more peace, more synchronicity, more ease.

“In 21 days, you don't become someone new — you remember the Divine being you've always been.”

The Three Pillars of the 21-Day Grace Practice

Each day of this practice includes three simple but powerful steps:

1. Gratitude — The Doorway to Grace

Gratitude instantly raises your vibration and aligns you with abundance.

It tells the Universe, “*I already have enough.*”

And when you feel abundant, life gives you more reasons to be grateful.

Morning Practice:

When you wake up, place your hand on your heart and say:

“Thank You, Krishna, for this beautiful new day.

I am grateful for my health, my breath, my purpose, and my journey.”

Write down at least **5 things** you are grateful for every morning.

2. Affirmation — Reprogramming the Mind with Light

Affirmations are conscious words that replace old limiting beliefs with truth.

They work when they come from the heart — not from desperation, but from faith.

Repeat them daily with feeling and trust.

You're not "convincing" your mind — you're *reminding* your soul.

Power Affirmations for Grace:

- I am aligned with Divine energy in every moment.
 - I live in peace, abundance, and love.
 - I am guided and supported by the Universe.
 - I trust that everything is unfolding perfectly for me.
 - Grace flows through every area of my life — effortlessly.
-

3. Surrender — The Highest Form of Faith

After gratitude and affirmation, release everything into the hands of the Divine.

Say with full trust:

"Dear Krishna, I let go of all control.

I surrender my plans, worries, and desires to You.

I know You will lead me exactly where I am meant to be."

This step transforms your practice from *manifestation* to *Grace*.

You no longer ask *when* or *how* — you simply rest in faith.

Daily Structure for the 21 Days

Here's a simple daily guide you can follow:

Morning (5–10 minutes)

Gratitude list (5 things)

Repeat 5 affirmations slowly with deep breathing

Whisper your surrender prayer: "I trust the Divine plan completely."

Daytime (Whenever You Remember)

Speak kindly to yourself

Smile often and thank the Universe for small moments

Whenever something goes wrong, say, “Grace is guiding me.”

Night (Before Sleeping)

Reflect on your day with gratitude

Forgive yourself and others

Whisper: “Thank You, Krishna. I rest in Your Grace.”

The Power of Consistency

For 21 days, you are teaching your mind a new rhythm —
a rhythm of peace, faith, and Divine flow.

Even if you miss a day, don’t feel guilty.

Grace isn’t about perfection — it’s about intention.

The moment you return with love, you’re back in alignment.

“When you walk with Grace, every step becomes meditation.”

The Results of the 21-Day Grace Practice

By the end of this journey, you may notice:

More calmness and clarity

Improved relationships

Better health and sleep

Increased synchronicities and blessings

A deep sense of inner trust and connection with the Divine

You may not “get” everything you want — but you’ll realize that
you already *have* everything you need.

Closing Words

Affirmations changed my life, but Grace made it effortless.

In just 21 days of practicing gratitude, love, and surrender, I found peace that no achievement could bring.

Every day became a prayer,

Every moment became a blessing,

Every breath became Grace.

“Grace doesn’t take 21 days to arrive —

It takes one moment of surrender to awaken.”

Chapter 8:

Affirmations for Every Area of Life — Health, Wealth, Love, and Peace

Reprogram Your Mind, Awaken Your Energy, and Live in Divine Grace

Your words are living vibrations.

Every thought you repeat, every sentence you speak, becomes energy that your subconscious receives as truth.

Affirmations are not about *asking* — they are about *remembering*.

You are not calling something new into being — you are awakening what already exists within you.

When spoken with gratitude and faith, affirmations carry Divine energy.

They don't "manifest" your desires — they align you with Grace, allowing all that is meant for you to flow easily into your life.

"Every affirmation is a seed of Grace planted in the garden of your soul."

Affirmations for Health and Healing

Your body listens to every thought you think.

When you speak words of love and gratitude, your cells respond with harmony and healing.

These affirmations are rooted in your NTSC philosophy — *Natural Treatment for Soul and Cell* — where true healing begins inside the mind and soul.

Daily Practice:

Stand before a mirror, place your hand on your heart, breathe deeply, and repeat:

*My body is a temple of Divine energy and light.
Every cell in my body vibrates with health and peace.
I am grateful for my body's infinite intelligence and healing power.
I choose food, thoughts, and habits that nourish my soul and cells.
Healing flows effortlessly through me as I rest in Grace.*

special Tip for you:

Drink water with awareness — whisper “Thank You” before every sip.

Water carries your vibration and amplifies healing. 

Affirmations for Wealth and Abundance

Money is not separate from spirituality — it is also a form of Divine energy.

When you see abundance as a flow of Grace, not greed, it multiplies effortlessly.

Daily Practice:

Sit quietly, imagine golden light surrounding you, and affirm:

*I live in the flow of Divine abundance.
Money comes to me easily, naturally, and joyfully.
I am open to receive all forms of prosperity — seen and unseen.
The Universe supports me in every area of my purpose and passion.
I use wealth as a tool to serve, heal, and uplift others.*

My Reflection:

When I stopped chasing abundance and started giving thanks, it began to chase me.

Grace always multiplies what you are grateful for.

Affirmations for Love and Relationships

Love is the highest frequency in the universe.

When you live from love — not need, not fear — you attract harmony in all relationships.

Whether it's your partner, family, or self-love, affirmations help you radiate kindness, compassion, and understanding.

Daily Practice:

Look at yourself in the mirror and smile softly. Repeat:

I am surrounded by love in every form.

I radiate kindness, and it returns to me multiplied.

My relationships are filled with respect, harmony, and joy.

I give love freely and receive love effortlessly.

I am deeply loved, guided, and protected by Divine energy.

Special message

Forgiveness is the fastest way to attract love.

Every night, whisper — “*I forgive, I release, I bless.*”

You will wake up lighter, freer, and more open to love. 🌸

Affirmations for Peace and Mindfulness

Peace isn't something you find — it's something you *remember*.

The moment you surrender your thoughts to the Divine, peace returns naturally.

Daily Practice:

Take slow, deep breaths and imagine a white light filling your mind.

My mind is calm, clear, and centred in Divine Grace.

I choose peace over worry, trust over control.

Every breath connects me to my higher self.



Stillness is my strength; silence is my teacher.



I rest in the presence of Divine love, where all is well.

Tamanna's Reflection:

Peace is not found in the world outside — it blooms in the silence within.

The more you slow down, the more you hear the voice of Grace. 🌸

Affirmations for Purpose and Success

Success is not about competition — it's about connection.

When you align your purpose with the Divine plan, success flows like water.

Daily Practice:

Before starting your work, close your eyes and say:

I am aligned with my Divine purpose.

Everything I do is guided by love and wisdom.

My work uplifts, inspires, and serves others.

Opportunities come to me easily and naturally.

Through my purpose, I become a channel of Divine Grace.

Special message:

I remind everyone you are not working *for* the world, you are working *through* Grace.

When you make service your goal, success becomes effortless. 

Evening Gratitude Affirmations

Before you sleep, whisper these softly — they reprogram your subconscious during rest:

Thank You, Krishna, for guiding me today.

I release all worries and surrender to peace.

My heart is full of love and gratitude.

I trust that everything in my life is unfolding perfectly.

Grace is taking care of everything while I rest.

Closing Reflection

Affirmations are sacred.

When you speak them with faith and emotion, they create energetic shifts beyond logic or time.

You are not changing your life through force —
you are remembering that everything you seek already exists within
you.

“Every time you affirm love, peace, and gratitude,
you awaken the Divine energy that was always waiting for you.”

Let your words become prayers,
your thoughts become blessings,
and your life become a reflection of Grace.

Chapter 9:

Living in Grace — Integrating Affirmations into Daily Life

Affirmations are not just words you say for a few minutes — they are *a way of living*, a state of being.

When you live with awareness, gratitude, and trust in Divine timing, your entire day becomes a prayer, and your life becomes an affirmation of Grace itself. 🌸

🌻 Morning – Begin Your Day in Alignment

How you begin your morning decides the vibration of your whole day.

Instead of checking your phone or rushing into tasks, begin with *stillness*.

Morning Practice:

1. Sit quietly for 3 minutes after waking.
2. Place your right hand on your heart and take a deep breath.
3. Whisper softly:
“Thank You, Krishna, for this new day.
Thank You for the energy, peace, and love that flows through me.”

Then, choose **one affirmation** for the day — something that matches your need or emotion.

“Today, I walk in Grace.”

“Everything I do today is guided by Divine love.”

“My energy is calm, my words are kind, my actions are pure.”

Let this be your emotional anchor throughout the day.

Throughout the Day – Walking in Awareness

Every moment offers you a choice — react or respond, rush or rest, fear or faith.

When you choose Grace in small moments, your whole life transforms.

Try to bring awareness into daily actions:

- When drinking water, say silently: *“I bless this water with love.”*
- When working, whisper: *“Through this work, I serve the Divine.”*
- When speaking to others, think: *“May my words bring peace.”*

This is **living meditation** — where spirituality flows through ordinary life. 🌸

At Work – Success with Soul

Work is worship when it’s done with the right energy.

You are not working *for* the world; you are working *through* Grace.

Affirmations for your workday:

“My work is an expression of Divine creativity.”

“I attract the right people, opportunities, and abundance with ease.”

“I am calm, focused, and guided by inner wisdom.”

When you feel stress, pause, breathe, and silently say:

“I surrender this moment to Grace.”

You’ll notice solutions flow naturally, without force.

In Relationships – Practice Love and Forgiveness

Relationships are mirrors that help us grow.

When you choose love instead of control, healing begins.

Remember: everyone acts from their level of awareness.
Forgiveness doesn't mean accepting hurt; it means releasing pain.

Daily Love Affirmations:

"I send love to all who cross my path."

"I forgive easily and live freely."

"I attract relationships filled with kindness, honesty, and joy."

Whenever conflict arises, take a breath and silently repeat:

"Only love is real."

This one line can dissolve any negative energy.

Evening – Return to Stillness and Gratitude

Before you sleep, clear your energy of the day.

Gratitude is the bridge that closes each chapter with peace.

Evening Grace Ritual:

- Sit or lie down comfortably.
- Take three slow breaths.
- Reflect on your day and whisper:
"Thank You, GOD, for everything — seen and unseen."

Then, affirm gently:

"I release all worries and rest in Divine peace."

"I am safe, loved, and blessed."

"Grace is working in my life, even as I sleep."

You'll notice your dreams become lighter and your mornings brighter.

Living by the Law of Grace

The Law of Grace is simple — *you don't have to chase, you just have to align.*

When you live in faith and gratitude, what's meant for you will find you.

Every time you say “Thank You,”
every time you choose peace over reaction,
every time you affirm love instead of fear —
you are *living in Grace*.

And that’s when miracles become your normal.

The Closing Message

Dear reader,

You are already enough. You are already guided.

You are already connected to the infinite power of Divine energy.

Affirmations are not just words — they are your soul remembering its truth.

Live them, breathe them, and let them flow through your thoughts, speech, and actions.

“Grace is not something you earn. It is something you allow.”

From my heart to yours —

Thank God, you are blessed.

And so is everyone who walks this beautiful path of awareness with you.

Final Blessing

May this book remind you that you are already whole, already abundant, already loved.

Speak light, think love, and walk in Grace — for that is who you truly are.

“Thank God, I am blessed.

Thank God, we all are.”

Please Read This Before You Begin

Some days will feel easy.

Some days will feel heavy.

Both are welcome here.

You are not here to manifest anything new.

You are here to remember what already exists within you.

It is often said that **21 days of consistent practice can help form a habit or gently reprogram the brain**. This is not a magic number. Rather, it is a reminder that **regular, mindful practice over a few weeks can help your mind notice patterns, release old thought loops, and strengthen awareness**.

I do not promise that your life will change in a certain number of days.

Life does not transform through timelines or guarantees. We become tired. We experience pain. We fall, heal, and fall again. In the process of living, we often forget ourselves.

The final section of this book — The **Gratitude Journal** — is not designed to create dramatic or instant change. It is not about miracles or quick results.

It is a **practice**.

A gentle, daily practice of reconnecting with yourself.

I do not speak about “changing your life.”

I speak about **making life better** — with awareness, patience, and honesty.

Better thoughts.

Greater emotional clarity.

A healthier relationship with your inner self.

Gratitude is not meant to make life perfect. Its true purpose is to help us remember who we are when stress, pain, or routine cause us to lose that connection.

There is no pressure to write perfectly.

There is no expectation to feel positive every day.

This journal is simply a space to pause and acknowledge life as it is.

Write because you are present today.

Write because even in ordinary moments, there is something worth recognizing.

Life becomes better when we begin to understand ourselves a little more each day. That is the intention behind this journal.

No promises of instant transformation.

No claims of miracles.

Only a sincere practice of **self-remembrance through gratitude**.

And above all, we thank God —

for the breath we are still able to take,

for the heart that continues to feel,

**and for the grace that carries us, even when we are tired,
wounded, or healing.**

Gratitude Journal

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- _____
- _____
- _____
- _____

Daily Affirmations

- _____
- _____
- _____
- _____
- _____

Notes

Gratitude Journal

Date: _____ Day: _____

How I am Feeling Today

- _____
- _____
- _____

Things I am Grateful Today

- _____
- _____
- _____
- _____
- _____

Daily Affirmations

- _____
- _____
- _____
- _____
- _____

Notes

Thank You