



# A Life of Gratitude: 21 Days to Overcoming Self-Pity and Negativity

*Shelley Hitz*

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**A Life of Gratitude: How to Overcome Self-Pity and Negativity**

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. As I did, I sensed Him leading me to do a 21 day gratitude challenge.

Over the course of the 21 days, God began to change me as I spent intentional time being grateful for all I had 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. This also led me to writing out 21 prayers of gratitude and compiling 21 stories of gratitude.

I want to share what I learned with you in the pages of this book which includes:

- 21 Days of Gratitude Challenge
- 21 Prayers of Gratitude
- 21 Stories of Gratitude

## **What to Expect On Each Day:**

- Read my personal stories, struggles and reflections.
- Read one scripture and one quote about gratitude.
- Apply one personal application step from the challenge.
- Read one prayer of gratitude
- Read one story of gratitude

## **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 me on this journey to gratitude?*

--> Buy your own copy of this book in order to embark on this 21 days of gratitude with us!

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