

14 DAYS OF
Thankfulness



*Unlocking the art of gratitude
with Bestow Beauty.*

@bestowbeauty | #countyourbestowblessings



B E S T O W

Blessings Ritual

A daily gratitude ritual to open your awareness to the extraordinary blessings in your everyday life.

We invite you to become aware of the many gifts that surround you with our 14 Days of Thankfulness.



B E S T O W

Blessings Journal

The Bestow Blessings Journal is a beautifully designed journal with inspiring quotes and blank pages on which you can record the things that you are grateful for each day.



Gratitude is the art of paying attention to the many blessings that are bestowed upon us daily.

Gratitude directs our entire being towards health. It is not going too far to say that our bodies listen to our thoughts. Paying attention to the simple things in our life boosts our immune system and promotes health and healing.

Gratitude makes us emotionally resilient and mentally supple, better able to deal with the challenges of life.

Gratitude is not a shallow happiness. It is a simple re-orientation that allows us to face fully into both the joy and sorrow of life, whilst becoming increasingly aware of the inherent goodness and love at the heart of the universe.

The Bestow Blessings Journal is available from your nearest Bestow Stockists.

Start Somewhere

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The Ritual:

Find a quiet space:

Create or claim a quiet corner of your home where you can spend ten minutes writing in your Bestow Blessings journal. You may like to light a candle and relax in your favourite armchair with a cup of tea.

Think back over your day:

Think back through the events of your day and your internal responses to them.

Ask yourself: Where did I receive nourishment? Where did I give nourishment? When did I feel loved? When did I feel encouraged? What did I enjoy today? What beauty did I notice? Who helped me today?

Write down three blessings:

Choose three blessings you noticed from your reflection on the day and write a few sentences about each. Take time with each blessing. Allow the memory of it, the feeling of it, to fill your awareness, open your mind and relax your body.

Counting our blessings allows us to return to the moments of grace we may have missed – allowing their impact to deepen and integrate into our being.

14 DAYS OF

Thankfulness

After writing in your *Bestow Blessings Journal* tick off each day in the circles below.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Well done!

Will You
Make This
Ritual Part
of Your
Daily Life?