

no. 1

# FORTY DAYS OF GRATITUDE

*With a Twist*



HONORING &  
OPENING TO A  
DEEPER LEVEL  
OF LOVING.

W

*elcome to 40 Days of Gratitude with  
a twist. Over the next 40 days, you  
will be participating in a conscious  
practice to increase the level of  
loving inside and outside yourself. It is my deepest intention  
that this practice will free you to open to the unlimited level of  
loving that you were born to receive.*

*Allow spirit to guide you each day and allow spirit to love you  
each day.*



## HOW TO PARTICIPATE IN THE 40 DAYS OF GRATITUDE WITH A TWIST:

Each day you will be listing 3 things you are grateful for...ABOUT YOU!

We are turning gratitude inward.

### *Why?*

It is my own experience as a woman and assisting thousands of my clients to transform and honor their beautiful life, that one of the core foundations is learning to LOVE yourself more fully & completely.

This may sound like common sense... yet feel this for a moment, what would it be like to LOVE yourself as you love your *(kids, favorite fur baby, niece, nephew?)*

How would that change your life?

# WHY 40 DAYS?

## *Benefits of a 40-Day Commitment*

There is a powerful significance in 40 days.

It has been said that 40 days can create lasting change. 20 days to break old habits and 20 days to create new & lasting ones.

The significance of 40 days however stretches far beyond a practical tool.

Religions, cultures and practices from Christianity, Judaism, Kundalini yoga and even China use the length of 40 days to support the process of renewal, repair, regeneration and rebirth. According to the Huffington Post an article on the power of 40 days by By Rebecca Grainger, it notes "in physiology, our skin cells on average take 40 days to renew, our red blood cells start dying from 40 days onwards and sperm count can be increased in 40 days."

Whatever your vision is 40 days is significant across the globe on a spiritual, emotional, mental and physical level.

We are choosing 40 days of Gratitude to assist us women in increasing the loving consciousness...by LOVING ourselves.

## *Over the course of 40 days you will:*

- Undo self-sabotaging behavior
- Increase your level of receiving
- Know yourself to be enough, just as you are
- Learn to love yourself the way you love others
- Open to a greater level of abundance, grace, inner wisdom and peace
- Set up and dedicate a practice
- Learn how to Let things come to you



*Right Here, Right Now*

*Without having to Prove,  
Change, or Do ANYTHING*

*LOVE yourself*

*The way you love others  
The way God loves you*

ALLOW THE END OF THIS YEAR  
TO PREPARE A NEW FOUNDATION.

ALLOW THIS CLOSING TO BE CONSCIOUS,  
LOVING & HEARTFELT.

ALLOW YOURSELF TO OPEN  
AND RECEIVE GREATER LEVELS OF LOVE.

THE WORLD NEEDS THIS AND THE WORLD NEEDS YOU.

*Just as you are...*



## *Let's take it a step further...*

How would it change your life if you loved YOU, the way GOD LOVES YOU?

Well, over the next 40 days I invite you to find out.

## *How?*

You will be listing one item for EACH of your FemmeTypes.

If you are new to the FemmeTypes here is a little introduction:



Your **Indie FemmeType** is who you are **BEING** .  
Your **Frenchie FemmeType** is how you are **ENJOYING** .  
Your **New Yorker FemmeType** involves **DOING** .

The Femmes go very deep beyond this initial concept and are the foundation of my Beautiful Life. If you would like more in depth knowledge on them you can [click here](#).

Each day you will ask the following questions to your FemmeTypes:



### *Indie*

What am I grateful for **being** today ?

*(i.e I am grateful for being blonde, light skinned, dark skinned etc etc. This can also be a quality. I am grateful for my humor, tenderness, sensitive nature etc.)*

### *Frenchie*

What am I grateful I **enjoyed** today?

*(i.e I am grateful I enjoyed my shower, my yoga practice, my body, my gorgeous lips, my son's hug, my avocado!)*



### *New Yorker*

What am I grateful I **did** today?

\*Pay attention to patterns here, you may discover what is truly giving you fulfillment, rather than the 'have-to's or shoulds-this is going to provide you with a huge resource of insight.

*(i.e I am so grateful I went to yoga class, meditated, made love to my husband, took that risk... etc.)*

# W

*hen you are complete with each day,  
please post and share your gratitudes  
with us on facebook or instagram  
(@elegantfemme1).*

*Over the course of the next 40 days, you will be participating  
in a global increase of love for yourself with women around the  
world.*

*You will be contributing to an increase of love around the  
planet.. and hey we know what happens when conscious women  
get together, don't we?;)*

*We are intending for a cosmic upleveling in consciousness to  
finish this year out with a...beautiful bang.*

*So Join us will ya?*

*Blessings  
Tara*



DAY 1



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY

2



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY

3



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY

5



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY

9



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 10 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 11



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 12 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 13



## *Indie*

What am I grateful for *being* today?

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## *Frenchie*

What am I grateful I *enjoyed* today?

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## *New Yorker*

What am I grateful I *did* today?

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# DAY 14



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 15



Indie

What am I grateful for *being* today?

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Frenchie

What am I grateful I *enjoyed* today?

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New Yorker

What am I grateful I *did* today?

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DAY 16



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 17



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 18 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 19



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 20 *indie*



## *Indie*

What am I grateful for *being* today?

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## *Frenchie*

What am I grateful I *enjoyed* today?

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## *New Yorker*

What am I grateful I *did* today?

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DAY  
**21**



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 22 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 23 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY  
24



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 25 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 26 *indie*



## *Indie*

What am I grateful for *being* today?

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## *Frenchie*

What am I grateful I *enjoyed* today?

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## *New Yorker*

What am I grateful I *did* today?

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DAY 27 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 28 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 29 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 30 *indie*



## *Indie*

What am I grateful for *being* today?

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## *Frenchie*

What am I grateful I *enjoyed* today?

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## *New Yorker*

What am I grateful I *did* today?

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# DAY 31



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 32 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 33



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 34



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 35



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 36 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 37



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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DAY 38 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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# DAY 39



## *Indie*

What am I grateful for *being* today?

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## *Frenchie*

What am I grateful I *enjoyed* today?

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## *New Yorker*

What am I grateful I *did* today?

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DAY 40 *indie*



*Indie*

What am I grateful for *being* today?

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*Frenchie*

What am I grateful I *enjoyed* today?

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*New Yorker*

What am I grateful I *did* today?

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