



Gratitude with Attitude: Journal Affirmations for Women

Elizabeth D Gray

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This is not your typical gratitude journal

An affirmation on its own is a powerful thing. However, flexing the muscle of an affirmation with the conscious expression of your own words, thoughts and experiences is a transformative thing. Use this affirmational journal to not only absorb the powerful messages in each affirmation, but to accentuate them tenfold by the expressions of your own creation.

Glass Ceilings

They were elite forces
Pioneers
The wrecking crews
Shattering glass ceilings
Long before I arrived
Breaking chains
So I would not be shackled
Clearing the brush
For my safe passage
Unbound, unbroken, rising up
Pulverizing that glass ceiling
Into shards so fine
They fell like confetti
Onto my life
I cannot fashion a thank-you
Wide enough to wrap around
Their collective sacrifice
The embodiment of shared vision
And sacred sisterhood
The sweetest destruction imaginable
The demolition of barriers
By an army of game changers
Coalesced in common purpose
And if I've ever lacked a role model
Perhaps my eyes were closed
For they surround me
In memory and history
And this life of mine
Should be worthy of them
Those trailblazers of change
Destroying glass ceilings
So the rest of us could fly

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Karen Keegan:

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Kenneth Grimes:

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