



I am
grateful
for this
struggle
that taught
me so much.





We hold the key to
lasting happiness in
our own hands.

For it is
not joy that
makes us grateful; it
is gratitude that
makes us joyful.

GRATITUDE,
grace
AND GOD

Brene Brown

Gratitude is one
of the most important
human virtues & one of
the most common
human deficiencies.
Gratitude does not
develop without
effort.

Dieter F. Uchtdorf

[facebook.com/TyanMichaelHawks](https://www.facebook.com/TyanMichaelHawks)



dear universe,
thank you,
with all of my
heart, for
everything
in my life.

Sarah Prout.

If the sight of the blue skies
fills you with joy, if a blade
of grass springing up in the
fields has the power to move
you, if the simple things in
nature have a message you
understand, Rejoice, for
your soul is alive. -Eleanora
Duse

I like living. I have sometimes
been wildly, despairingly,
acutely
miserable, racked with sorrow,
but through it all I still know
quite.

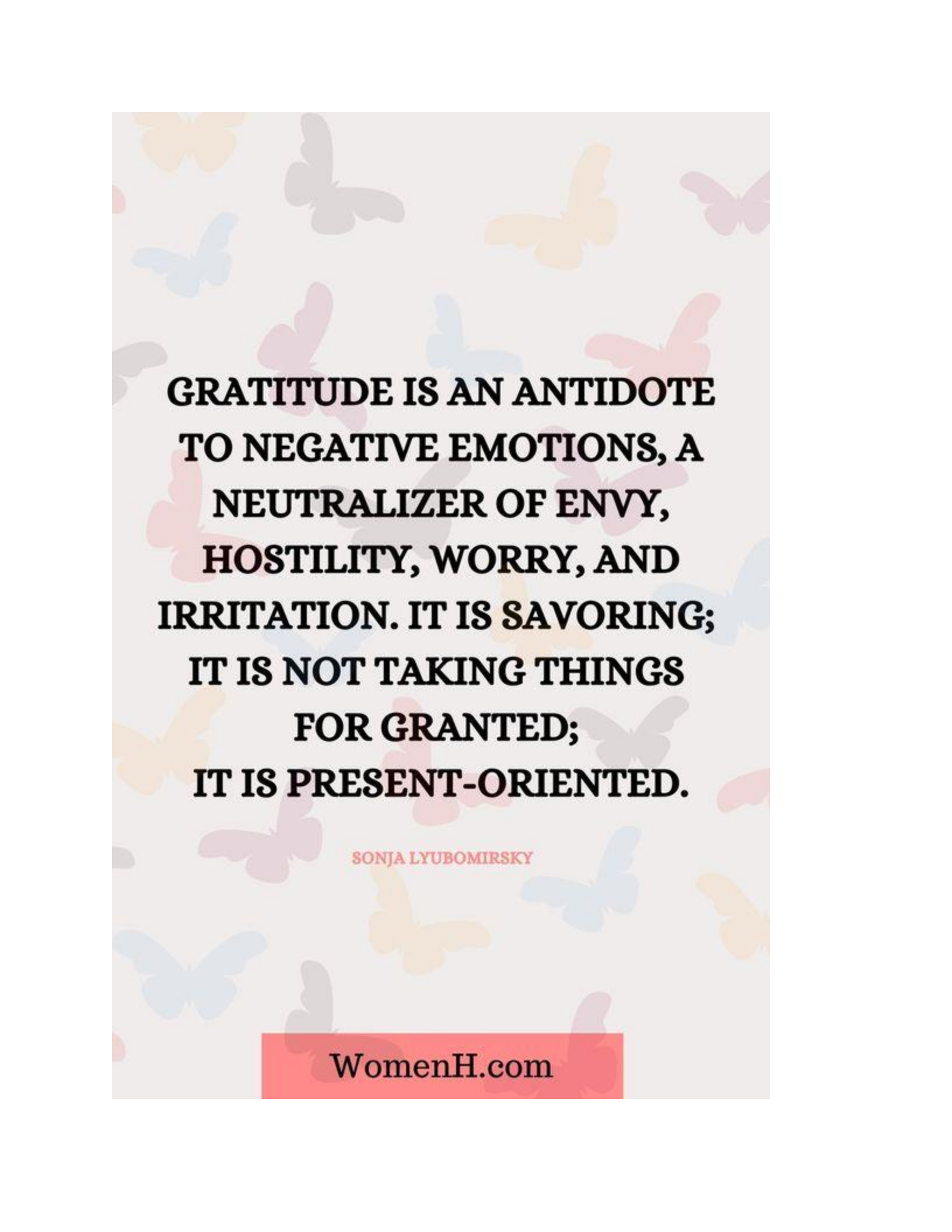
certainly that just to be alive is
a grand thing.

- Agatha Christie.



THINGS TO BE *grateful* FOR



The background of the entire image is a light beige or cream color, decorated with numerous small, stylized butterfly silhouettes in various colors including light blue, pale yellow, soft pink, and muted purple. The butterflies are scattered across the page, some appearing larger and more prominent than others, creating a delicate, whimsical pattern.

**GRATITUDE IS AN ANTIDOTE
TO NEGATIVE EMOTIONS, A
NEUTRALIZER OF ENVY,
HOSTILITY, WORRY, AND
IRRITATION. IT IS SAVORING;
IT IS NOT TAKING THINGS
FOR GRANTED;
IT IS PRESENT-ORIENTED.**

SONJA LYUBOMIRSKY

WomenH.com

A woman with long blonde hair, seen from behind, is walking on a sandy beach. She is wearing a vibrant red, flowing dress that is catching the wind. The ocean is visible in the background under a blue sky with scattered white clouds. The entire scene is framed within a semi-transparent dark grey rectangle that serves as a background for the text.

”

When we focus on
our gratitude
the tide of
disappointment
goes out and
the tide of love
rushes in.

~ Kristin Armstrong

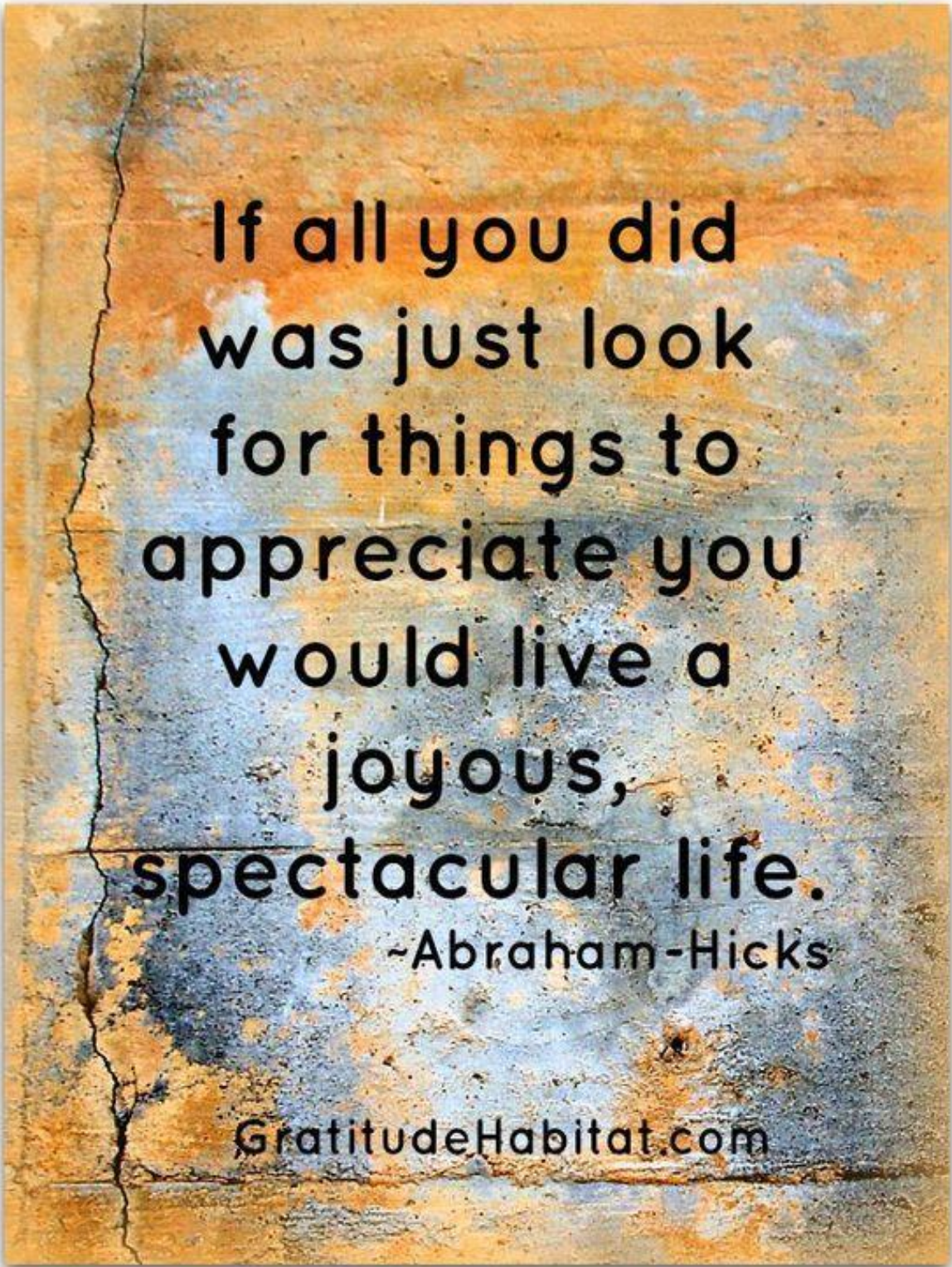
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[MUCKYS.COM]

Did you know

gratitude...

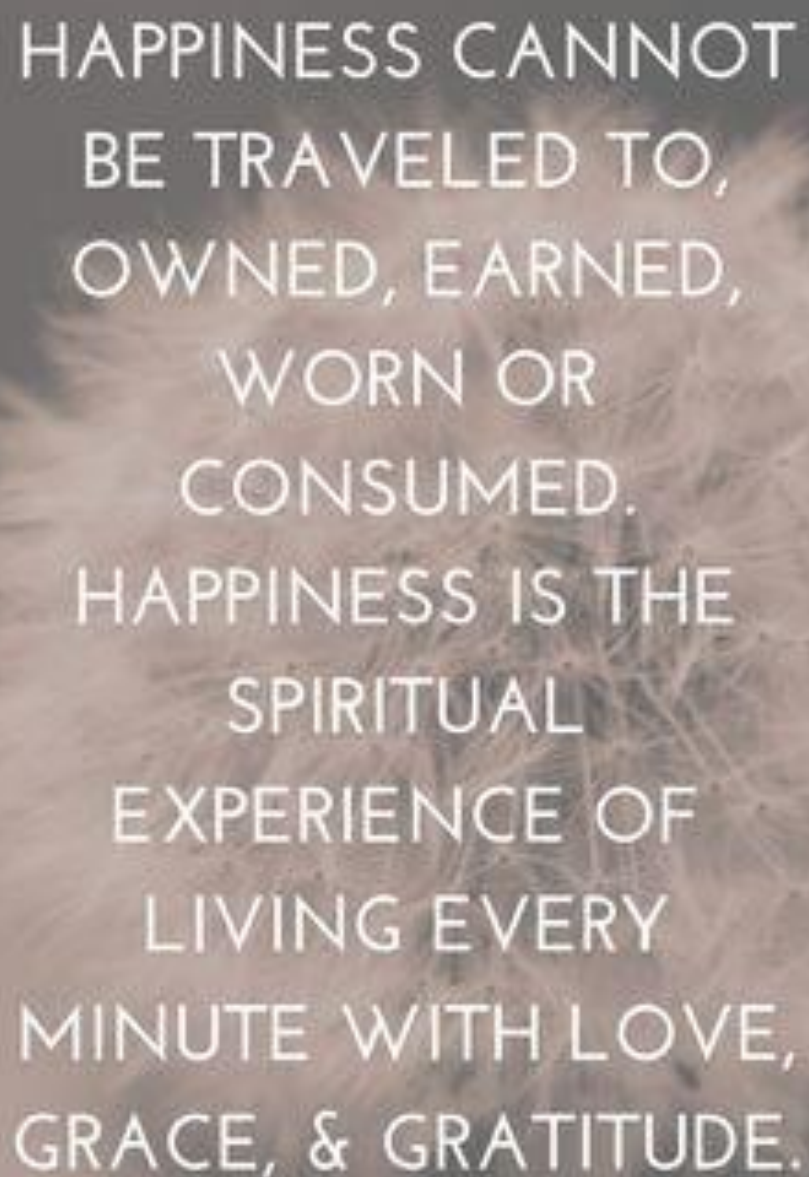
- Shields you from negativity
- Makes you at least 25% happier
- Rewires your brain
- Eliminates stress
- Heals
- Improves sleep
- Boosts self-esteem and performance
- Enhances the law of attraction
- Improves relationships



If all you did
was just look
for things to
appreciate you
would live a
joyous,
spectacular life.

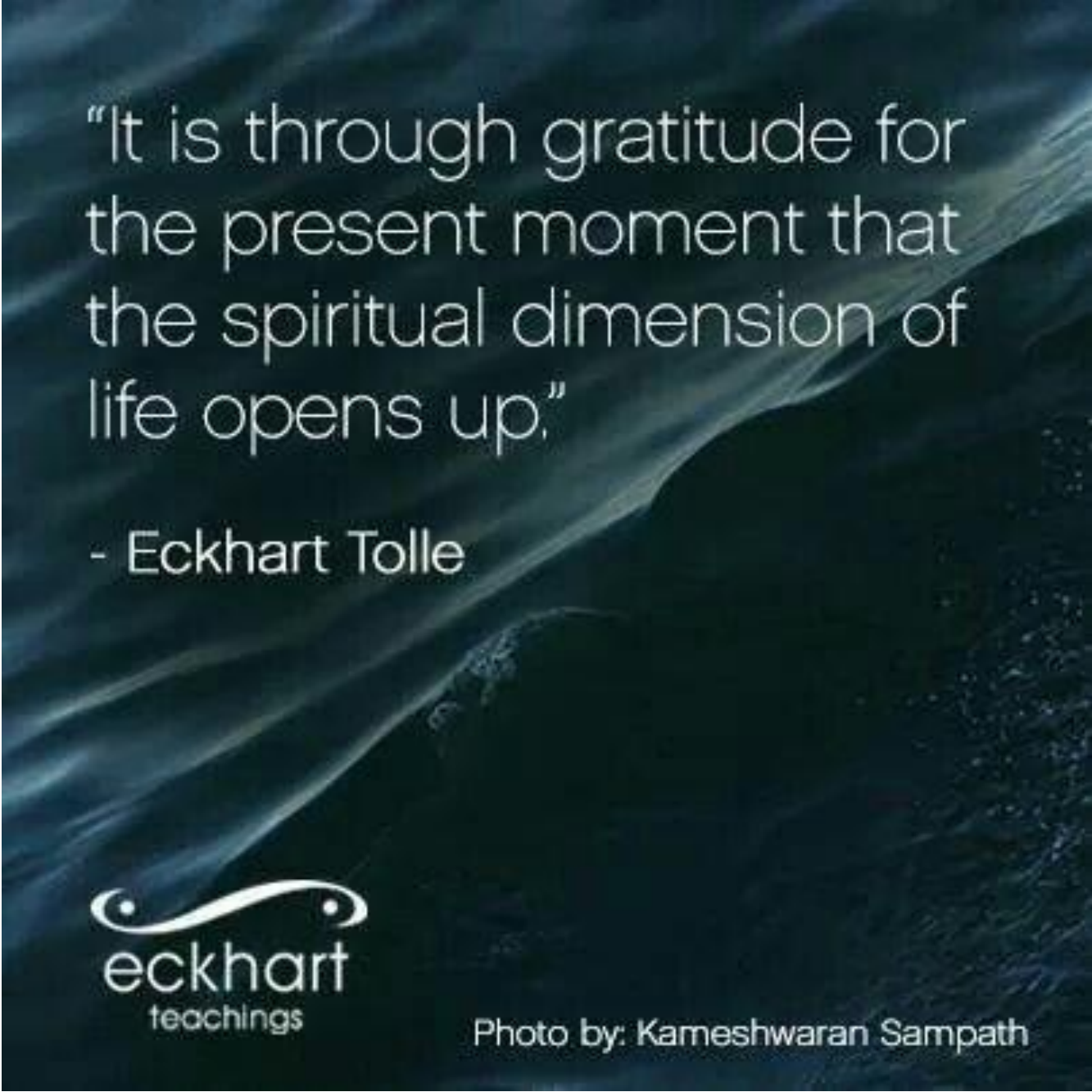
~Abraham-Hicks

GratitudeHabitat.com



HAPPINESS CANNOT
BE TRAVELED TO,
OWNED, EARNED,
WORN OR
CONSUMED.
HAPPINESS IS THE
SPIRITUAL
EXPERIENCE OF
LIVING EVERY
MINUTE WITH LOVE,
GRACE, & GRATITUDE.

DENIS WAITLEY



"It is through gratitude for
the present moment that
the spiritual dimension of
life opens up."

- Eckhart Tolle



Photo by: Kameshwaran Sampath

**” THE MOST
COURAGEOUS DECISION
THAT YOU CAN MAKE
EACH DAY IS TO BE IN A
GOOD MOOD.”**

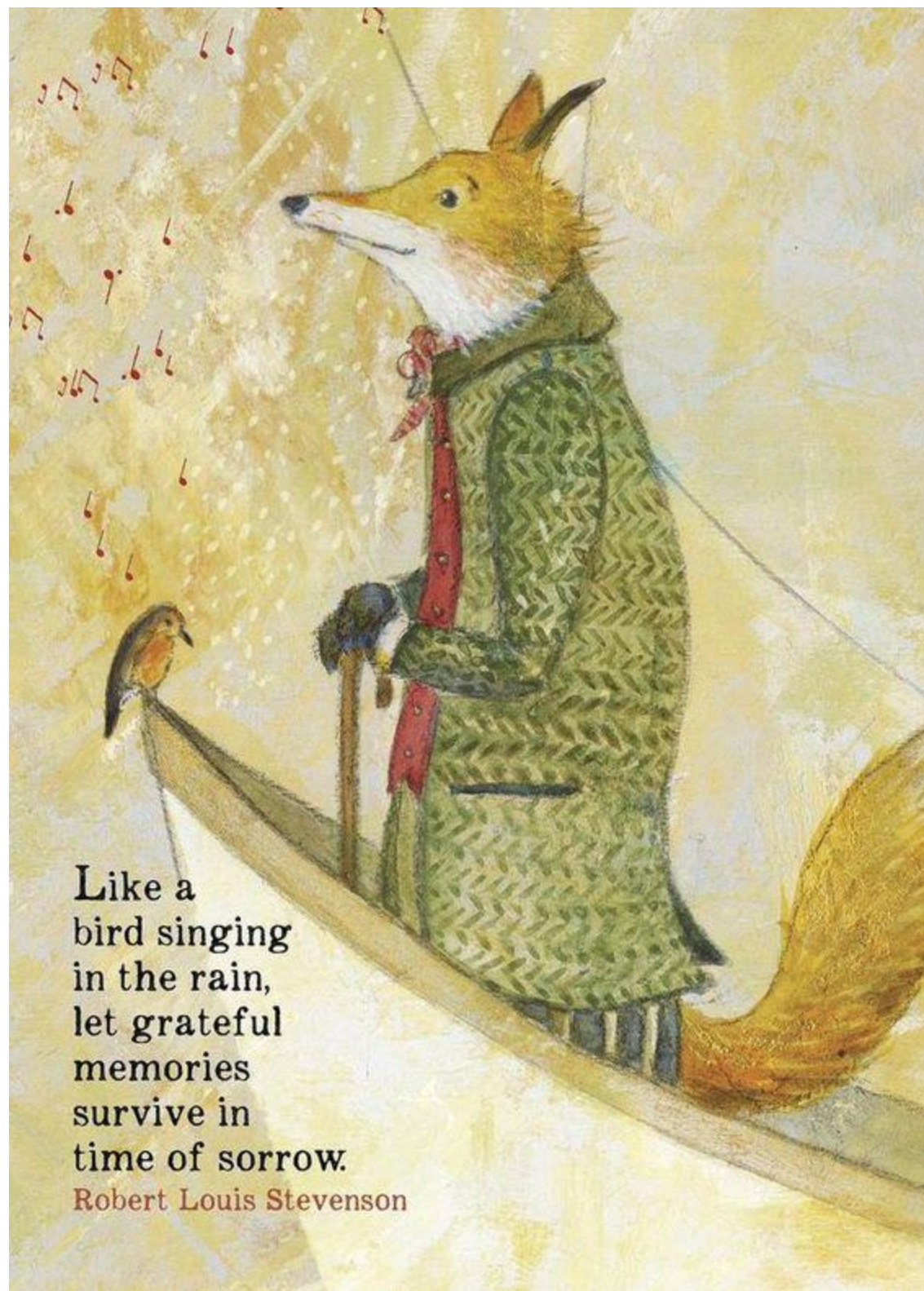
- VOLTAIRE

Tiny Happy Things:

- Sunshine through the window
- Singing along with the radio
- The first sip of coffee
- Talking to animals
- Starting a book and realizing you love it
- Fluffy blankets just out of the dryer
- A text from a friend
- New pens
- When someone loves the same nerdy thing as you
- Late night snacks
- Split second gratitude



-Nanea Hoffman-



Like a
bird singing
in the rain,
let grateful
memories
survive in
time of sorrow.

Robert Louis Stevenson

IF WE DO
NOT FEEL
GRATEFUL
FOR WHAT
WE ALREADY
HAVE, WHAT
MAKES US
THINK WE'D
BE HAPPY
WITH MORE?

www.mrnevergiveup.com ~ Unknown

GRATITUDE RITUALS



WRITE
TEN THINGS
YOU ARE
GRATEFUL
FOR



SPEND FIVE
MINUTES
BREATHING
INTO
YOUR
HEART



TELL
SOMEONE THREE
THINGS YOU
APPRECIATE
ABOUT THEM



BE OF
SERVICE
OR
VOLUNTEER



FOCUS ON
PIECES OF NATURE

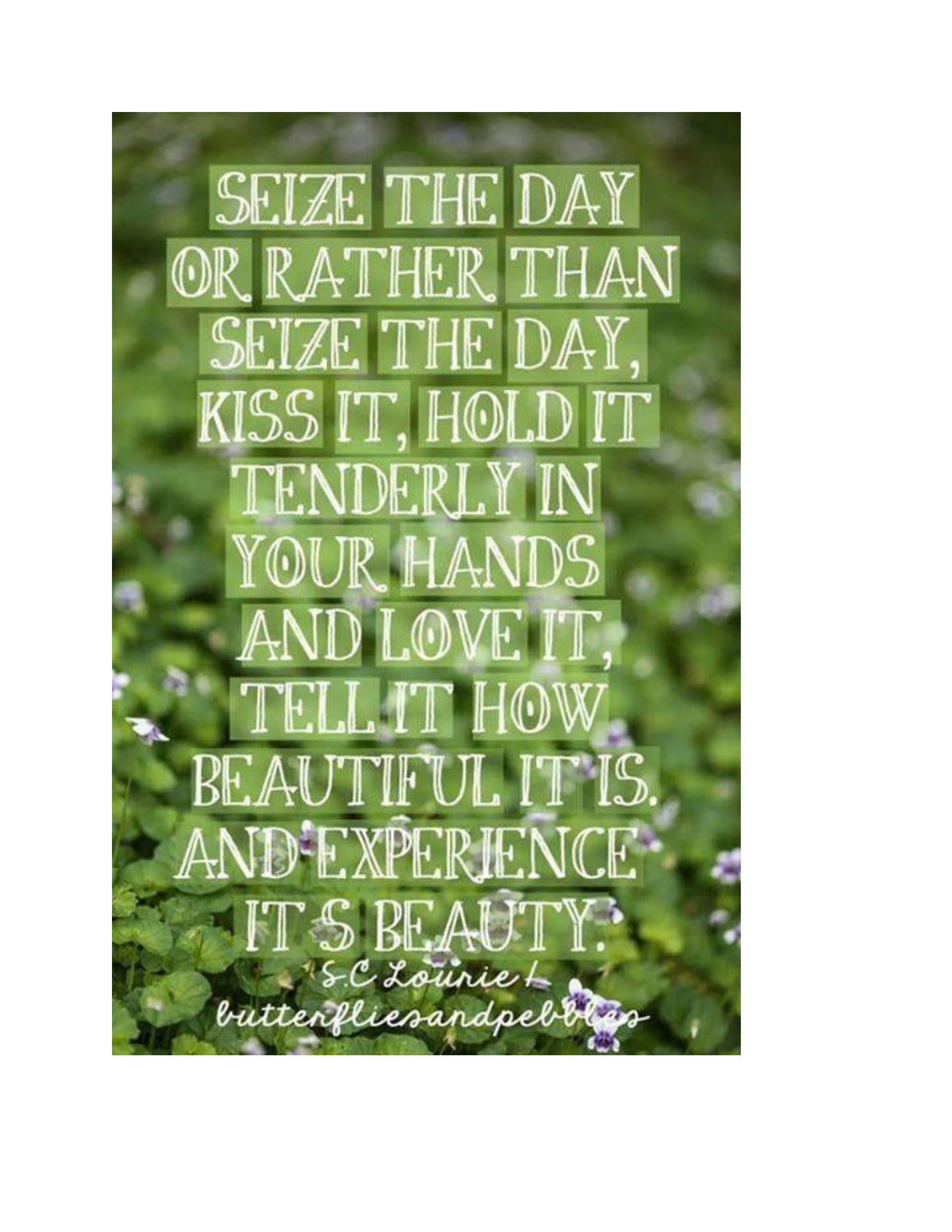
@SPIRITDAUGHTER

Gratitude Jar

Starting January 1st, write the good things that happen to you on little pieces of paper.

- Surprise Gifts
- Accomplished Goals
- The Beauty of Nature
- "LOL" moments
- Memories worth Saving
- Daily Blessings

Put them in a jar and save them. Then, on December 31st, open the jar and read all the wonderful and amazing things that happened to you in just one year.



SEIZE THE DAY
OR RATHER THAN
SEIZE THE DAY,
KISS IT, HOLD IT
TENDERLY IN
YOUR HANDS
AND LOVE IT,
TELL IT HOW
BEAUTIFUL IT IS.
AND EXPERIENCE
IT'S BEAUTY.

*S.C. Lourie +
butterfliesandpebbles*