

two thousand

52
weeks

and fourteen

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Inspiring Gratitude

Photos, Quotes & Questions





GRATEFUL

Though we travel the world over to find
the beautiful, we must carry it with us or
we find it not.

~Ralph Waldo Emerson

What did you see today that you
are grateful for?

Simple Gratitude



Gratitude opens the door to the power,
the wisdom, the creativity of the universe.
You open the door through gratitude.

~Deepak Chopra

What are you grateful for about
your childhood?





There are only two ways to live your life.
One is as though nothing is a miracle. The
other is as though everything is a miracle.

~Albert Einstein

What are you grateful for about
your cell phone?



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When you are grateful, fear disappears
and abundance appears.

~Tony Robbins

When is the last time you felt
both sad and grateful?



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The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.

~Robert Holden

What are you grateful to have read?



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God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?'

~William Arthur Ward

What are you grateful for today?



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GRATITUDE

Find the good. It's all around you. Find it, showcase it, and you'll start believing in it.

~Jesse Owens

What color are you grateful for?

GRATITUDE

change
is yours



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*I am
Grateful*
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Thank you universe! So much gratitude in that moment to know that I am capable of doing what I set out to do.

~Jamie Anderson

What are you grateful for that came into your life because of hard work?



THANK YOU

In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.

~Bertrand Russell

What are you grateful for that you used to take for granted?

Gratitude is
RICHES

change
is yours

Complaint is
POVERTY

change
is yours

~ Doris Day

Real life isn't always going to be perfect
or go our way, but the recurring
acknowledgment of what is working in
our lives can help us not only to survive
but surmount our difficulties.

~Sarah Ban Breathnach

What are you grateful for about
your current financial situation?



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GRATITUDE

**Find Beauty
Everywhere**

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Every day is a beautiful thing.

~Henrik Harlaut

What are you grateful for about
a child you know?



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Gratitude is the fairest blossom which
springs from the soul.

~Henry Ward Beecher

What are you grateful for about
your own unique voice?




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Things may not be perfect ... but they're a little bit of alright.

~Darnell Barton

What are you grateful for that is in front of you right now?



with thanks

Our goal should be to live life in radical amazement... get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.

~Abraham Joshua Heschel

What are you grateful for that doesn't seem worthy?



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The art of being happy lies in the power
of extracting happiness from common
things.

~Henry Ward Beecher

What are you grateful for about
your curiosity?



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Better to light one small candle than to
curse the darkness.

~Chinese Proverb

What were you moved by today?

Grateful today and growing
evermore grateful

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Grateful

Gratitude turns what we have into
enough, and more.

~Melody Beattie

What do you appreciate about
what you have today?



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GRATITUDE

A high-angle photograph of a young child sitting on a brick path that leads towards a grassy field. The path is made of reddish-brown bricks and is flanked by a concrete curb. The child is wearing a plaid shirt and dark pants. The grass is a mix of green and brown, suggesting it might be autumn or winter. The overall scene is peaceful and contemplative.

Make it a habit to tell people thank you.
To express your appreciation, sincerely
and without the expectation of anything
in return. Truly appreciate those around
you, and you'll soon find many others
around you.

~Ralph Marston

What was the last thing you said
“thank you” for? What did you
appreciate about it?

I don't have to chase extraordinary moments to find happiness. It's right in front of me if I'm paying attention and practicing gratitude.

~Brené Brown

Stop. Listen. What do you hear that you are grateful for?

Thankful



GRATEFUL

We are not human beings having a spiritual experience; we are spiritual beings having a human experience.

~Teilhard de Chardin

Slow down and find an object that calls out to you. What do you appreciate about this object?



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THANK YOU

for shining
light
in my
messy life

Whether we regard our situation
as heaven or hell depends on our
perception.

~Pema Chodron

What gratitude can you find in a
messy situation in your life?



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IN GRATITUDE
MY HEART
OPENS UP TO
WELCOME EVEN MORE
BLESSINGS

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Gratitude is the inward feeling of kindness received.

~Henry Van Dyke

What has someone done for you lately that you appreciate?



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THANKFUL

At some point in life the world's beauty becomes enough. You don't need to photograph, paint or even remember it. It is enough.

~Toni Morrison

What memory are you grateful for even though you don't have any photos or other mementos to remind you?

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Thankful

When you practice gratefulness, there is a sense of respect toward others.

~His Holiness The 14th Dalai Lama

Think of someone whose behavior you wish would change. What are you grateful for about them as they are today?






The fun is always on the other side of a
yes.

~Tina Fey

What is something that you said yes to
and you were grateful that you did?



When eating a fruit, think of the person
who planted the tree.

~Vietnamese proverb

What have you tasted today that
you are grateful for?

High
Desert
Gratitude
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I notice it.
I appreciate it.
I accept it.
I release it.

Thank You

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Simply be a shore and let your feelings
wash against you like waves.

~Mark Nepo

What are you grateful for that
is no longer?



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Stay close to anything that makes you
glad you are alive.

~Hafiz


What are you grateful for that
consistently brings you joy?

GRATEFUL

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I give myself a good cry if I need it, but
then I concentrate on all good things still
in my life.

~Morrie Schwartz in Tuesdays With Morrie
by Mitch Albom

Who are you grateful for who is there
for you during times of need?

BE AT PEACE WITH YOUR DAY

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Original photo by Guilherme Yagui / CC BY

PRACTICE GRATITUDE



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GRATITUDE

Never ever underestimate the importance
of having fun.

~Randy Pausch

What are you grateful for that is fun,
silly, or in some ways lighthearted?



I am Grateful

We can always choose to perceive things differently. We can focus on what's wrong in our life, or we can focus on what's right.

~Marianne Williamson

What are you grateful for about your most recent challenge?





GRATEFUL

in
communion

We are a continuum. Just as we reach back to our ancestors for our fundamental values, so we, as guardians of that legacy, must reach ahead to our children and their children. And we do so with a sense of sacredness in that reaching.

~Paul Tsongas

What are you grateful for about the people who came before you?





Trade your expectations for appreciation
and your whole world changes in an
instant.

~Tony Robbins

What do you appreciate about
letting go of expectations?



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**THANK
YOU**

I thank God for my handicaps for through
them I have found myself, my work, and
my God.

~Helen Keller

Think of an experience that hurt you.
What are you grateful for about that
experience now?

GRATITUDE

An ounce of practice is worth more than
tons of preaching.

~Mahatma Gandhi

What are you grateful to have learned
from someone else's example?



Love is gratitude in action.

~Wilhelmine E. Mitchell

What do you love?



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Gratitude unlocks the fullness of life.

~Melody Beattie

What are you grateful to be
committed to?



When we come together to play and be we are truly ourselves. When we are truly ourselves it is wonderful and when we act collectively in that wonder we do transformative work for our community and our world.

~Brad Colby

What are you celebrating today?



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When you seek beauty in all people and
all things you will not only find it you will
become it.

~unkown

What did you notice today that
you are grateful for?

Lifted by gratitude



Comparison is the thief of joy.

~Theodore Roosevelt

What are you grateful to have that
you didn't used to have?



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Thankful

I'm learning that recognizing and leaning into the discomfort of vulnerability teaches us how to live with joy, gratitude and grace.

~Brené Brown

What are you grateful for about your true self?



Today was good. Today was fun.
Tomorrow is another one.

~Dr. Seuss

Today was a great day!
What are you grateful for?

I am grateful for

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Nothing replaces being in the same room,
face-to-face, breathing the same air and
reading and feeling each other's
micro-expressions.

~Peter Guber

What face to face interaction are
you grateful for?

Thankful



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The purpose of life is not to be happy.
It is to be useful, to be honorable, to be
compassionate, to have it make some
difference that you have lived and
lived well.

~Ralph Waldo Emerson

What scared you but you were
grateful that you did it anyway?



One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today.
~Dale Carnegie

What small thing are you grateful to notice in this very moment?

I am

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Grateful

FOR YOU



When you let go of trying to get more of what you don't really need, it frees up oceans of energy to make a difference with what you have.

~Lynne Twist

What are you grateful to have that has allowed you to make a difference?



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Thanksgiving

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What are you
grateful for?

Truly appreciate life, and you'll find that
you have more of it.

~Ralph Marston

What do you appreciate about
your day today?



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grateful

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Gratitude turns denial into acceptance,
chaos into order, confusion into clarity ...
It turns problems into gifts, failures into
success, the unexpected into perfect
timing, and mistakes into important
events.

~Melody Beattie

You don't like it and you don't
want it but what is one thing you
appreciate about the situation?



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**IT'S MONDAY
I'M GRATEFUL
I HAVE A JOB**

and I had a kick-ass weekend



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Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

~Denis Waitley

Think of the last thing that you said.
What are you grateful for about
your topic of conversation?



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Savor the small with a grateful heart.

~Sarah Ban Breathnach

What are you grateful that you
savored today?

GRATEFUL

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Gratitude makes us feel bursting with delight, just to remember the gifts we have received. Thus we are doubly blessed when we receive something: for the gift itself and later, in recall, for the miracle of having been given it.

~M.J. Ryan

What are you grateful for about each person you are giving a gift to?

**GRATEFUL
CHRISTMAS**

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Celebrate what you want to see more of.

~Tom Peters

What are you grateful for about 2014?



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Thank You 2014

All content comes from the 2014 issues of ourgratitudecollective.com. Inspired by Gratitude from Questions and eCards created by Antonia Montoya except the photo of the woman laying on tile which is a CC photo by Guilherme Yagui and the screenshot of Piper from Orange is the New Black (2014, netflix). Thank you for being a paid member and contributing to this collective investment in gratitude. Thank you for making the world a better place by being grateful, sharing your gratitude, and supporting others on their gratitude journey.

This year was a big one for me, investing in developing a website that is our gathering place, our haven of gratitude, a library of all the gratitude content I have shared with you through the years and the personal gratitude we each share. The site is being built up and growing every day. Let's continue to make it our own. Please let me know what would help it be your haven of gratitude.

I am grateful for finding my calling, and for finding gratitude all the fucking time through my daily ups and downs. Seeing the world through the lens of gratitude improves my sense of wonder and brings me to the present in a delightful way. It is a beautiful gift. Thank you for sharing it with me.

~ Antonia