

AIEFU

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

What did you see today that you are grateful for?

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~Ralph Waldo Emerson

Simple Gratitude

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

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~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?

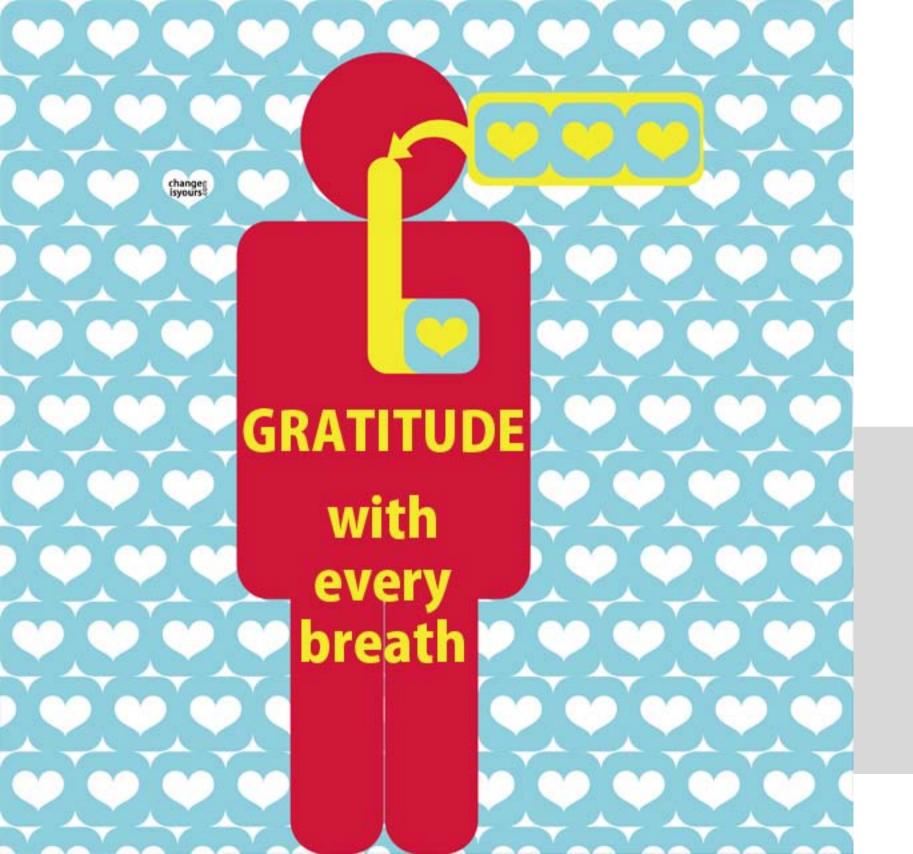




When you are grateful, fear disappears and abundance appears.

~Tony Robbins

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



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?

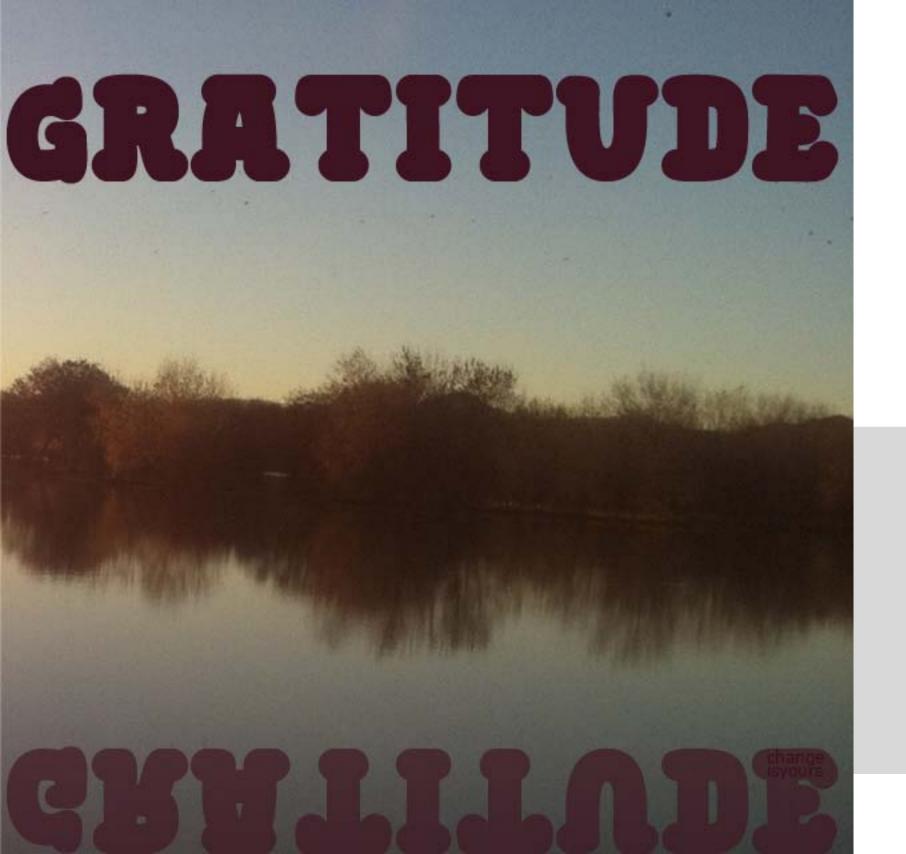




God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?'

~William Arthur Ward

What are you grateful for today?

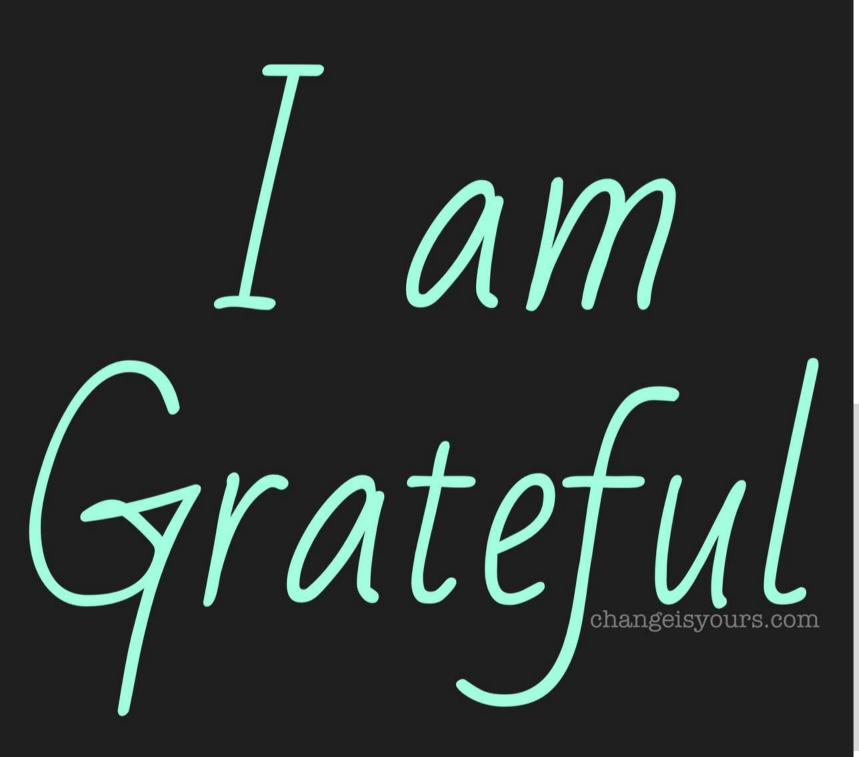


Find the good. It's all around you. Find it, showcase it, and you'll start believing in it.



~Jesse Owens

What color are you grateful for?



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?



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?



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.

Complaint is PONERTY

~ Doris Day

What are you grateful for about your current financial situation?

~Sarah Ban Breathnach



What are you grateful for about a child you know?

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Every day is a beautiful thing. ~Henrik Harlaut





Gratitude is the fairest blossom which springs from the soul.

~Henry Ward Beecher

What are you grateful for about your own unique voice?

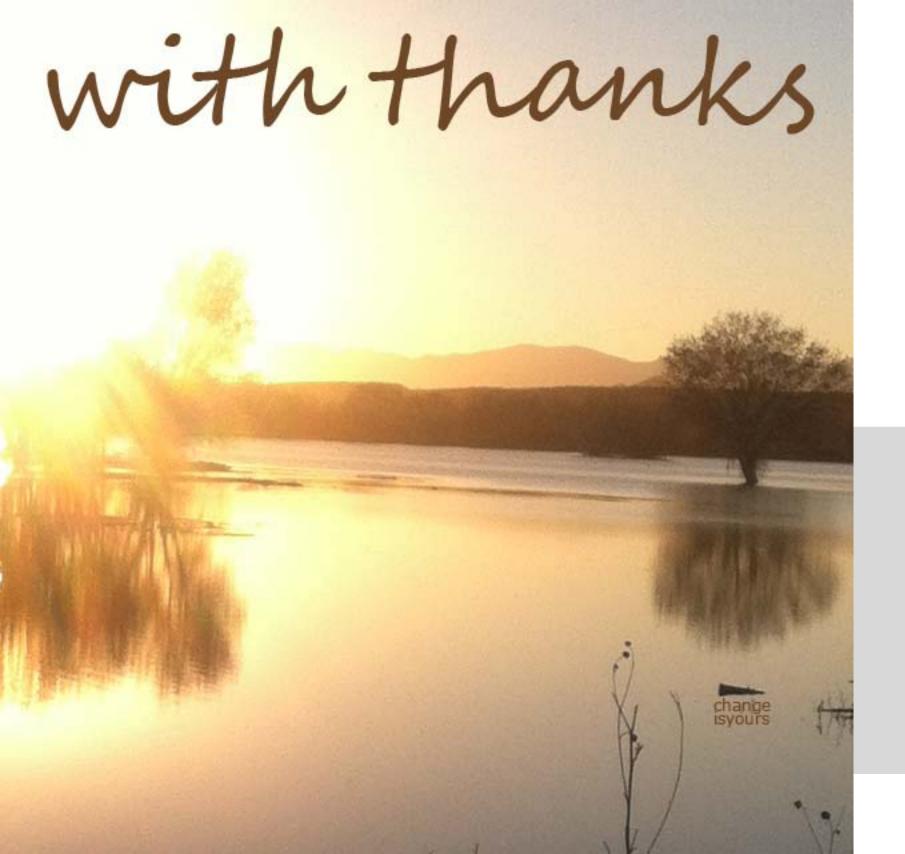


Things may not be perfect ... but they're a little bit of alright.

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



~Darnell Barton



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.

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

~Abraham Joshua Heschel



What are you grateful for about your curiosity?



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

~Henry Ward Beecher





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

~Chinese Proverb

What were you moved by today?

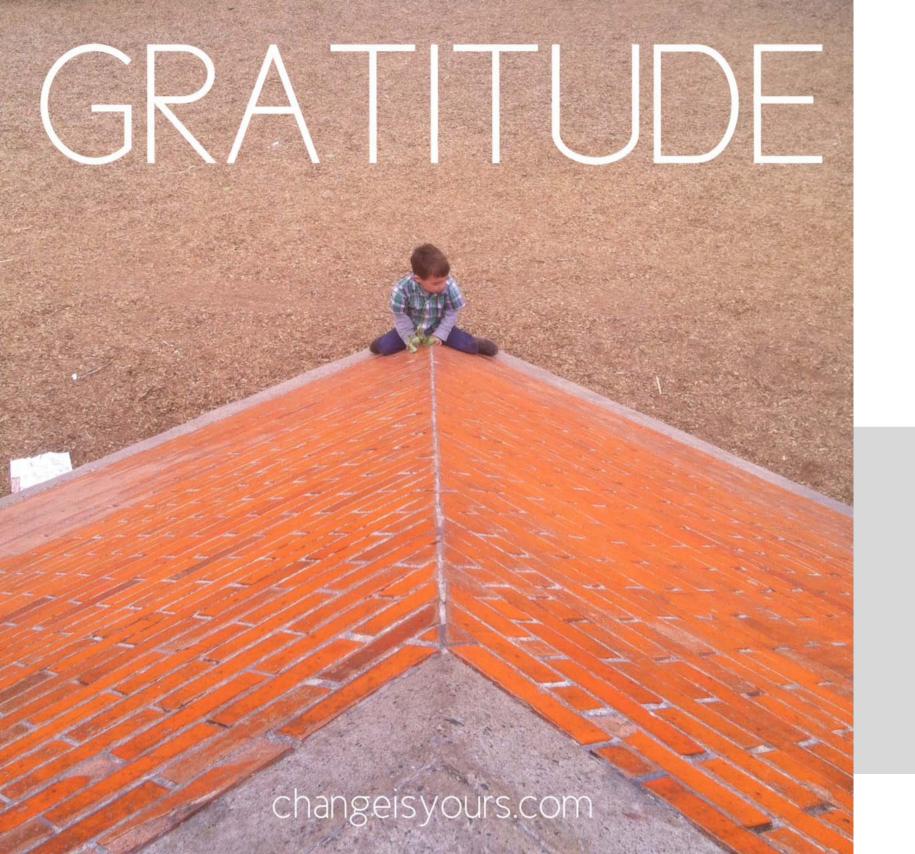


Gratitude turns what we have into enough, and more.



~Melody Beattie

What do you appreciate about what you have today?



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.

> What was the last thing you said "thank you" for? What did you appreciate about it?



~Ralph Marston



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?



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

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

~Teilhard de Chardin

Me

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?

IN GRATITUDE MYHFAK OPENS UP 1 WFICOMF FVFN MORF

Gratitude is the inward feeling of kindness received.

~Henry Van Dyke

What has someone done for you lately that you appreciate?

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.

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





~Toni Morrison

Ghankful

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?



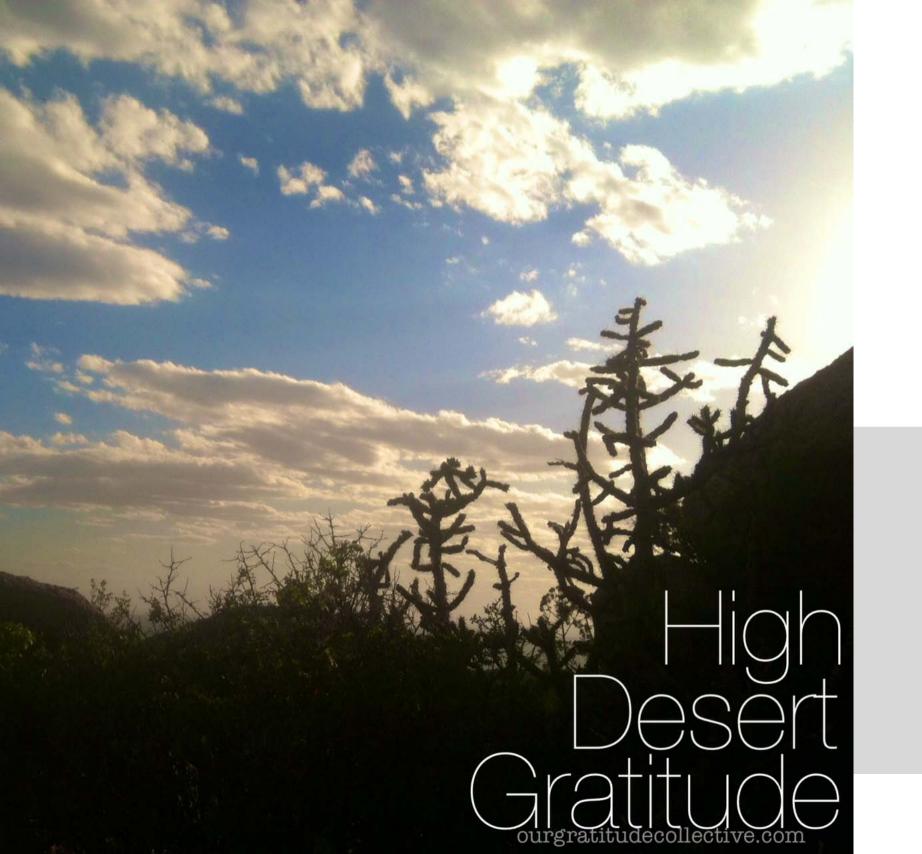


The fun is always on the other side of a yes.

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



~Tina Fey





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

~Vietnamese proverb

What have you tasted today that you are grateful for?

I notice it. l appreciate it. l accept it. l release it.

Thank You

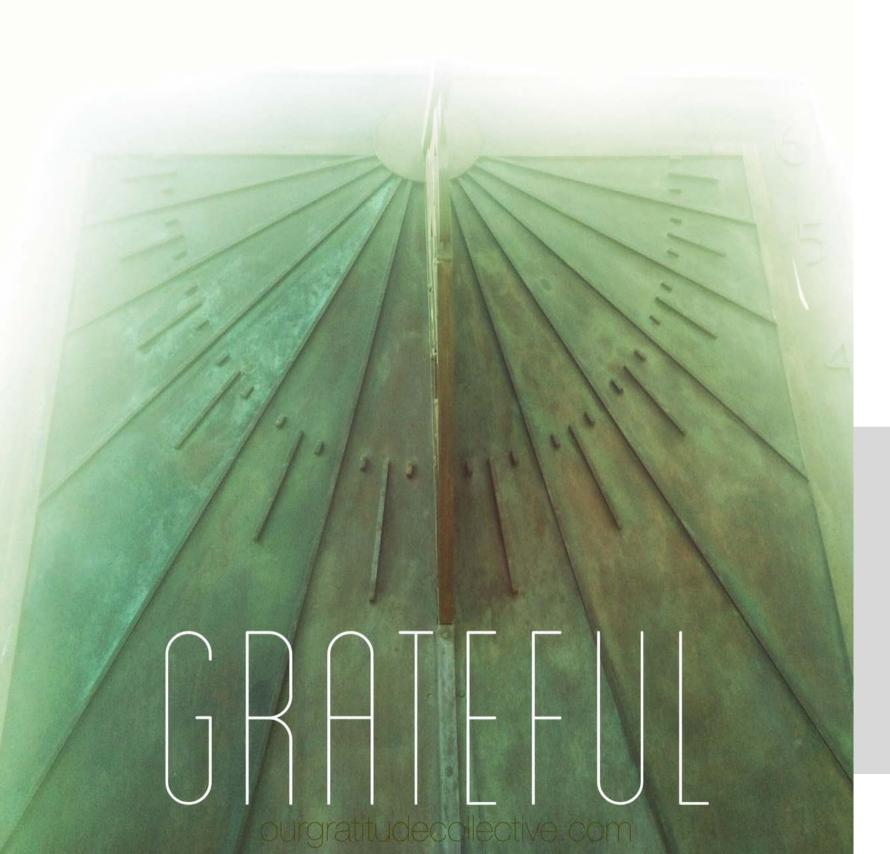
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Simply be a shore and let your feelings wash against you like waves.

~Mark Nepo

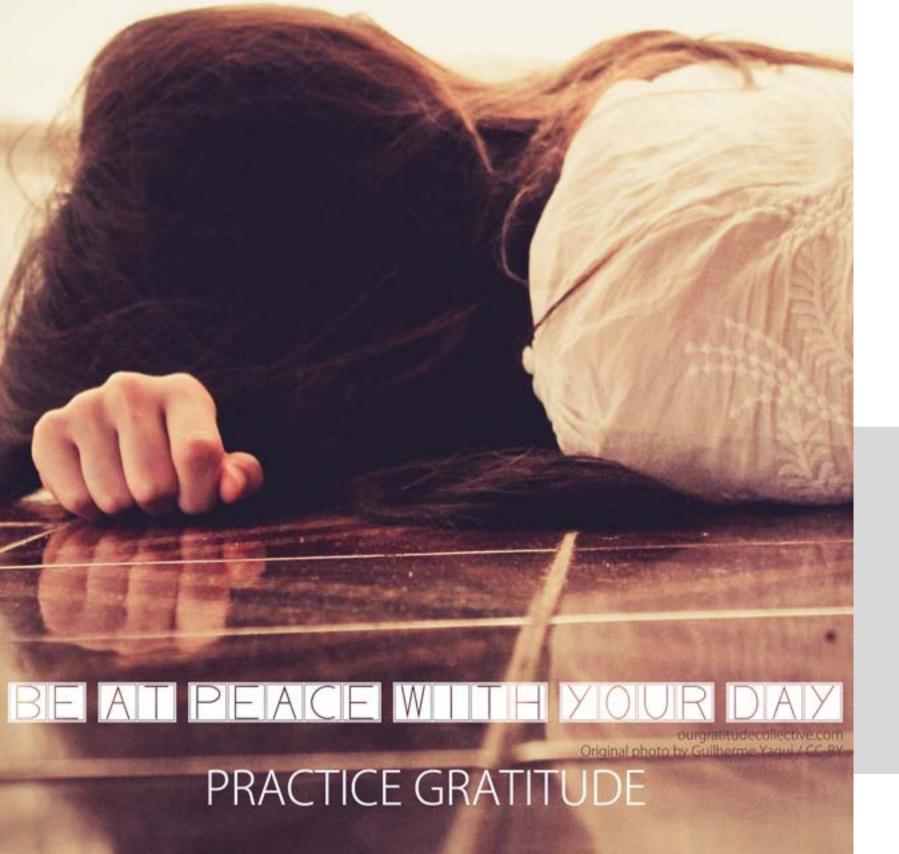
What are you grateful for that is no longer?



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

~Hafiz

What are you grateful for that consistently brings you joy?



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?

GRATITUDE

Never ever underestimate the importance of having fun.

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



~Randy Pausch

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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.



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~Marianne Williamson

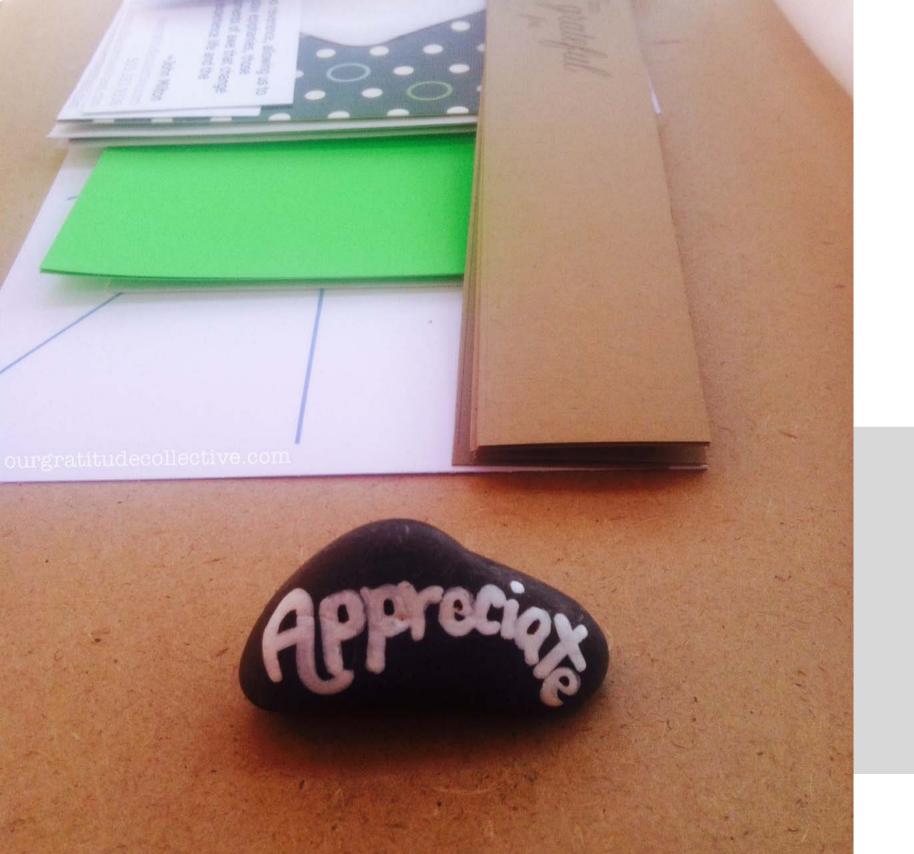
What are you grateful for about your most recent challenge?

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?







What do you appreciate about letting go of expectations?



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

~Tony Robbins

THANK

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?



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?





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



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



Comparison is the thief of joy. ~Theodore Roosevelt

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

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~Brené Brown

What are you grateful for about your true self?

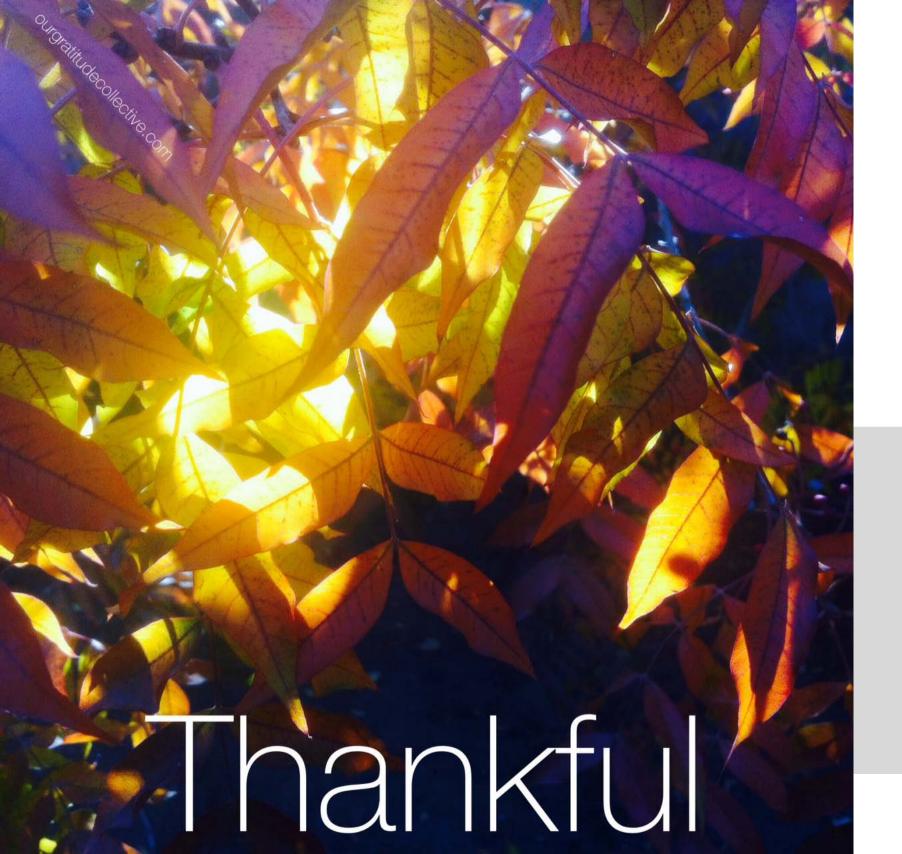


Today was good. Today was fun. Tomorrow is another one.



~Dr. Seuss

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



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?

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.

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

hank You for enjoying this world with me



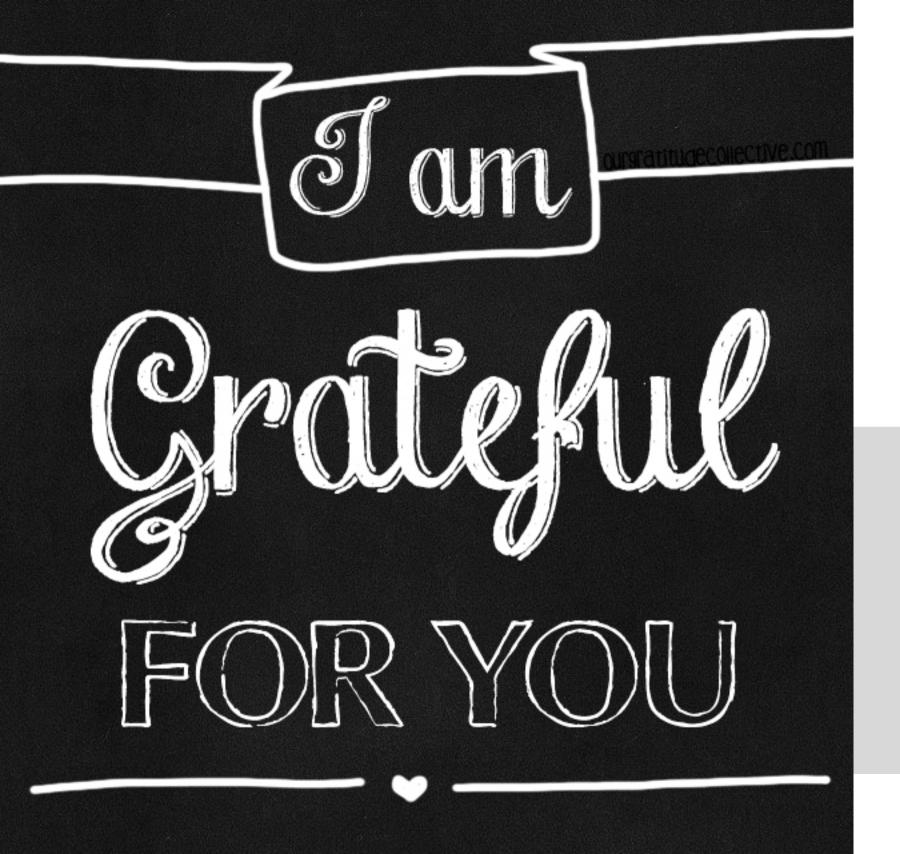
~Ralph Waldo Emerson



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?



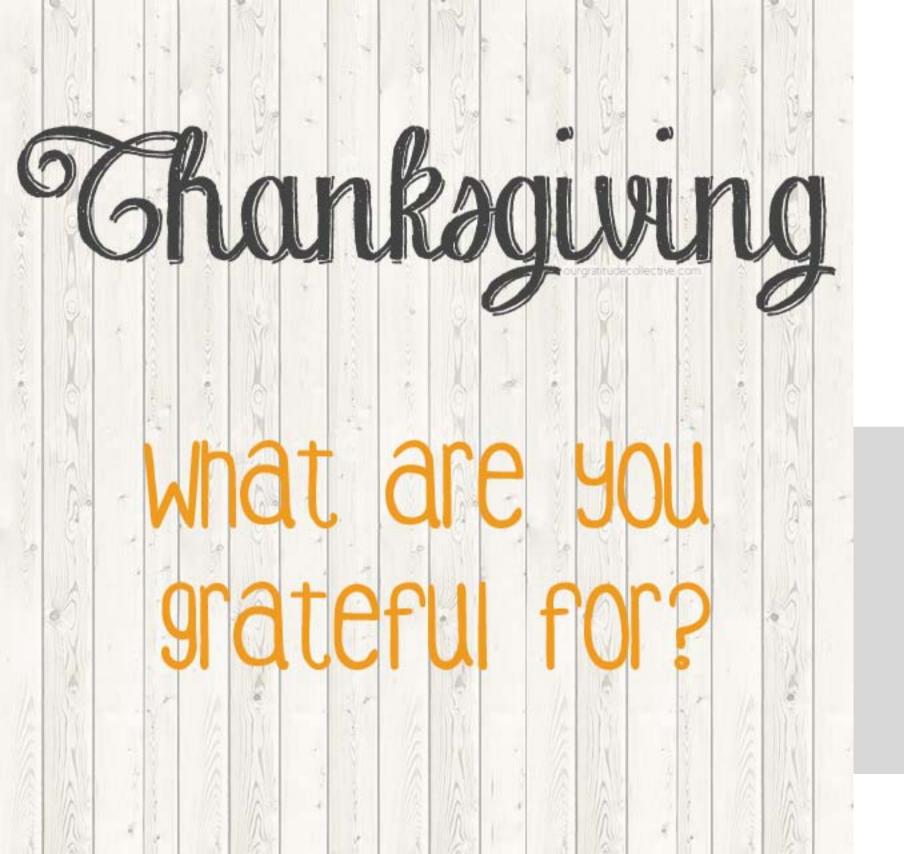


When you let go of trying to get more of what you don't really need, it frees up oceans of energy to make a difference with what you have.



~Lynne Twist

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



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

What do you appreciate about your day today?



~Ralph Marston



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.

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



~Melody Beattie



IT'S MONDAY GRATEFUL HAVE A JOB

and I had a kick-ass weekend



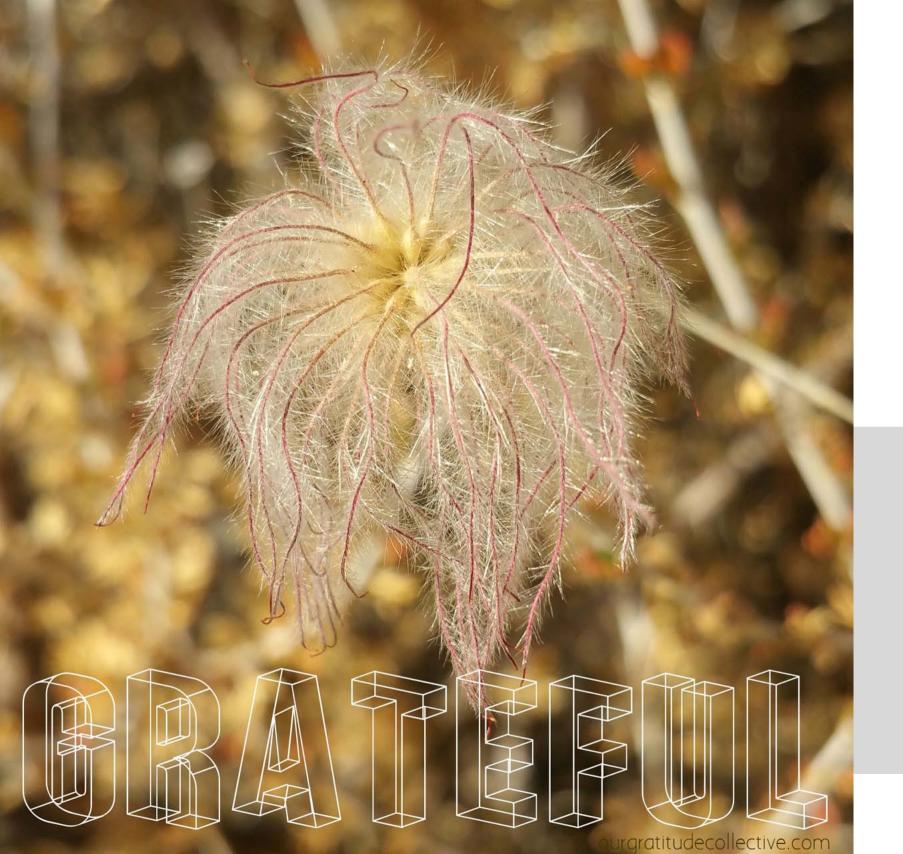
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Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

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



~Denis Waitley



Savor the small with a grateful heart. ~Sarah Ban Breathnach

What are you grateful that you savored today?

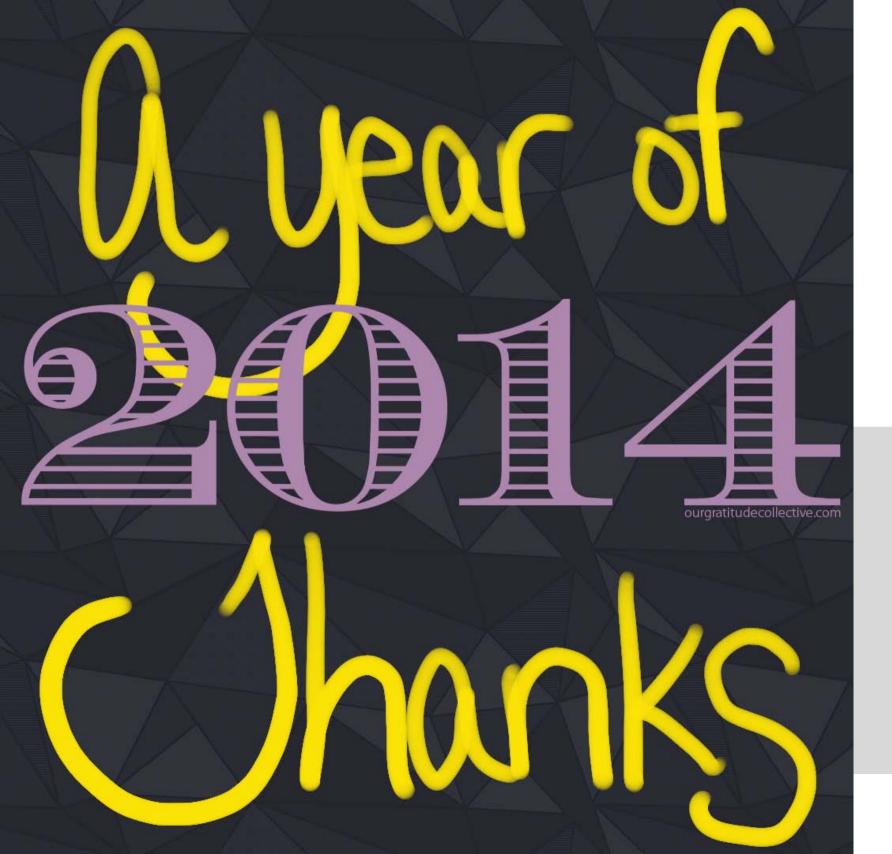




Gratitude makes us feel bursting with delight, just to remember the gifts we have received. Thus we are doubly blessed when we receive something: for the gift itself and later, in recall, for the miracle of having been given it. ~M.J. Ryan

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





Celebrate what you want to see more of. ~Tom Peters



What are you grateful for about 2014?

Chank You 2014 All content comes from the 2014 issues of Inspired by Gratitude from

All content comes from the 2014 issues of ourgratitudecollective.com. 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