GRATITUDE IN DARKNESS & LIGHT

60 gratitude prompts & photos

ANTONIA MONTOYA

52 Weeks of Gratitude Inspiration

Each week has a two-page spread with

gratitude images, quotes and prompts

to guide you on your year of gratitude



grateful for a fresh start

Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.

~Goethe

What are you grateful to understand about a problem you have in your life?



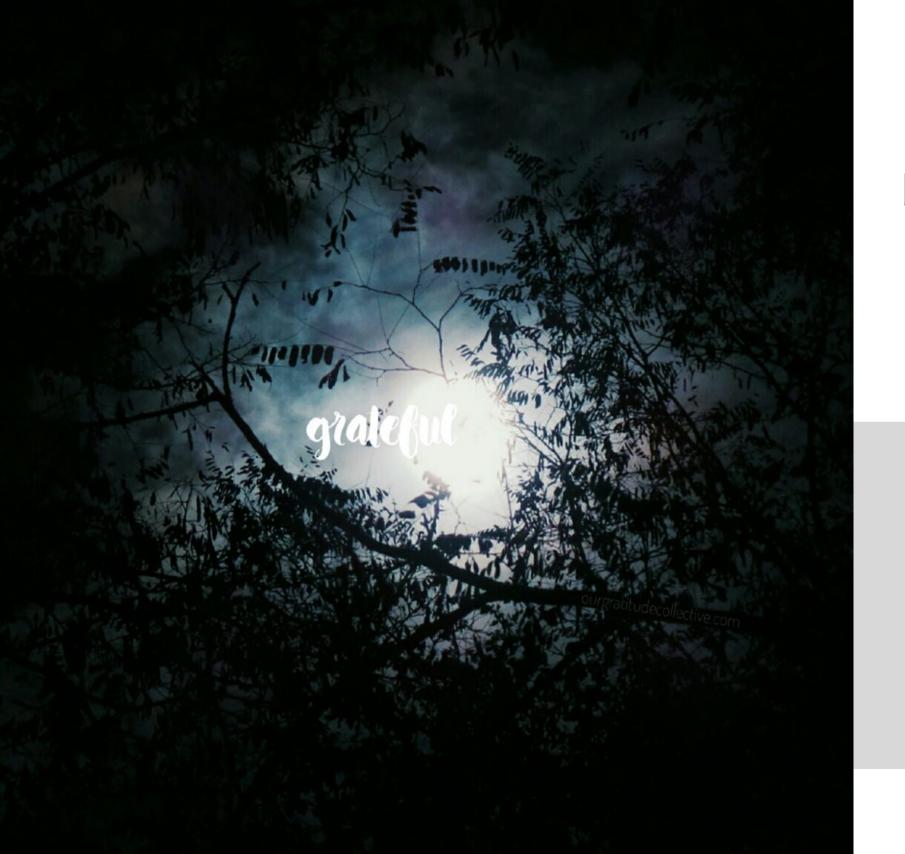


Face your life, its pain, its pleasure, leave no path untaken.

~Neil Gaiman

Even when your heart is broken in two, what gratitude can you find when you are open to the possibility?





Hope means I hope tomorrow is going to be better. Faith says I'm right where I need to be today.

~Melody Beattie

In what ways does your gratitude practice help you have faith that you are right where you need to be today?



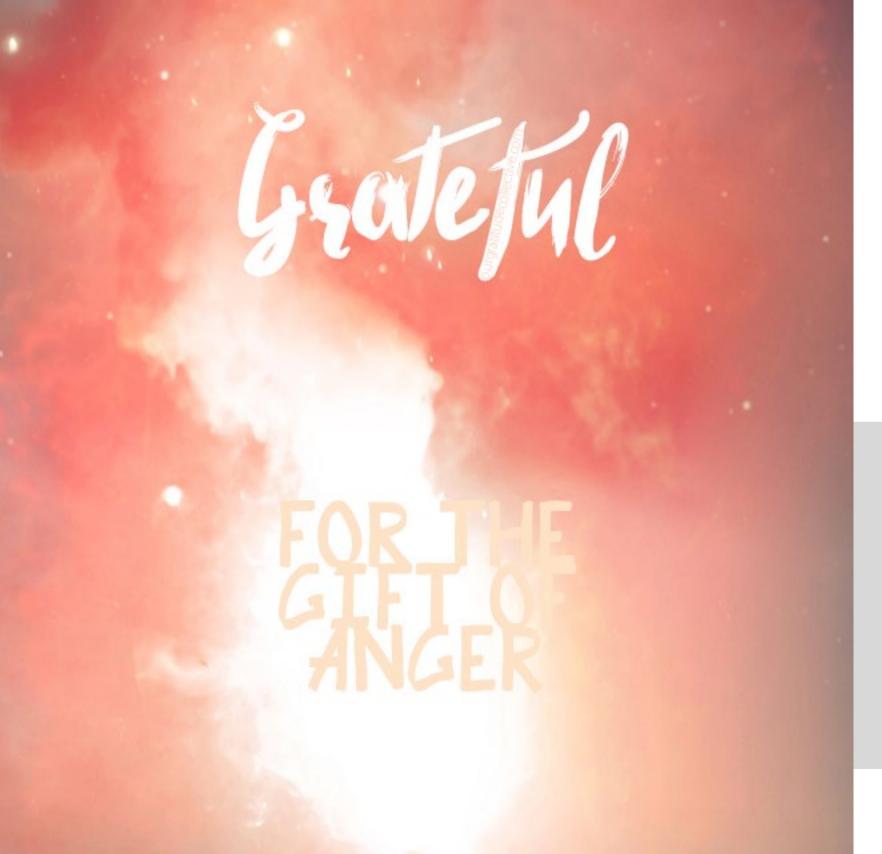


Success is nothing more than a few simple disciplines, practiced every day.

~Jim Rohn

What good habits do you lean on when you are going through a tough time?





Only when we are brave enough to explore the darkness will we discover the infinite power of our light.

~Brené Brown

What are you grateful for about your anger?



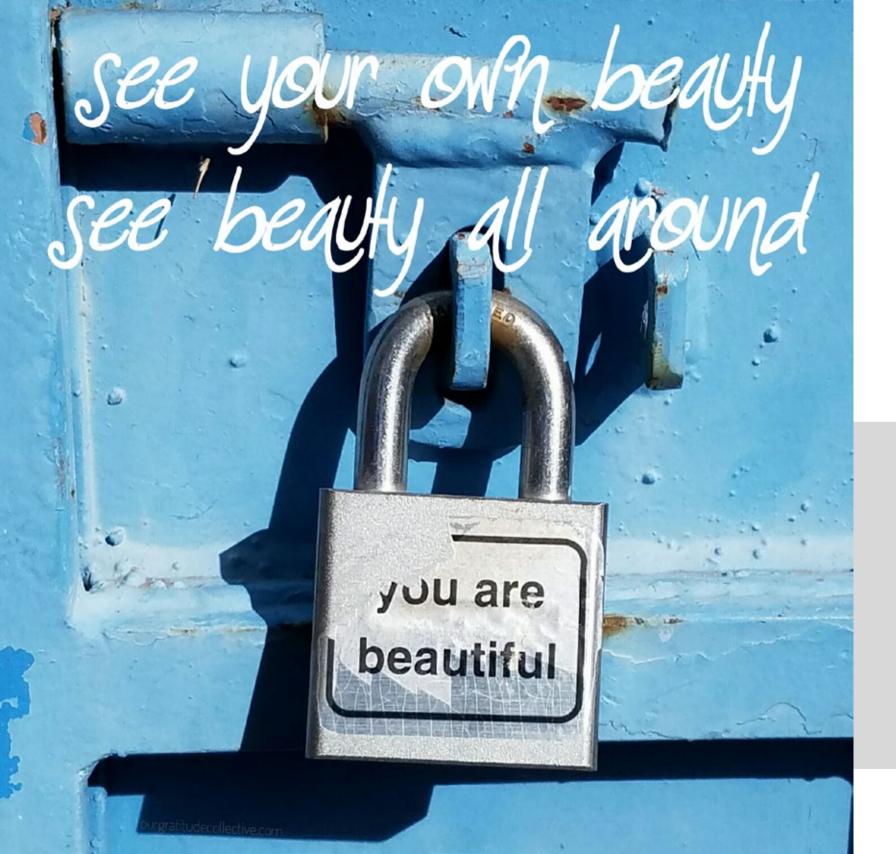


Throughout history wise men and women have encouraged us to feel grateful for what we have. Why? Very simply because gratitude makes us feel good.

~Richard Carlson, Ph.D.

In what ways does practicing gratitude make you feel good?





If we fall in love with ourselves — not in a selfish way, but in an appreciative way — we will discover a source of love that doesn't run out.

~Leo Babauta

What are you grateful for about yourself?





Don't allow your mind to tell your heart what to do. The mind gives up easily.

~Paulo Coelho

Think of the last time you were confronted with negativity. What were you grateful to know about yourself?





We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.

~Mary Dunbar

What special talents, skills or gifts are you grateful to share with others?





Turn your wounds into wisdom.

~Oprah Winfrey

In what ways are you grateful for an experience that wounded you?





Most of the shadows of this life are caused by our standing in our own sunshine.

~Ralph Waldo Emerson

What are you grateful for that you would like to see blossom even more?





We think sometimes we're only drawn to the good, but we're actually drawn to the authentic. We like people who are real more than those who hide their selves under layers of artificial niceties.

~Elizabeth Kübler-Ross

What do you have real and true gratitude for even though it isn't pretty?



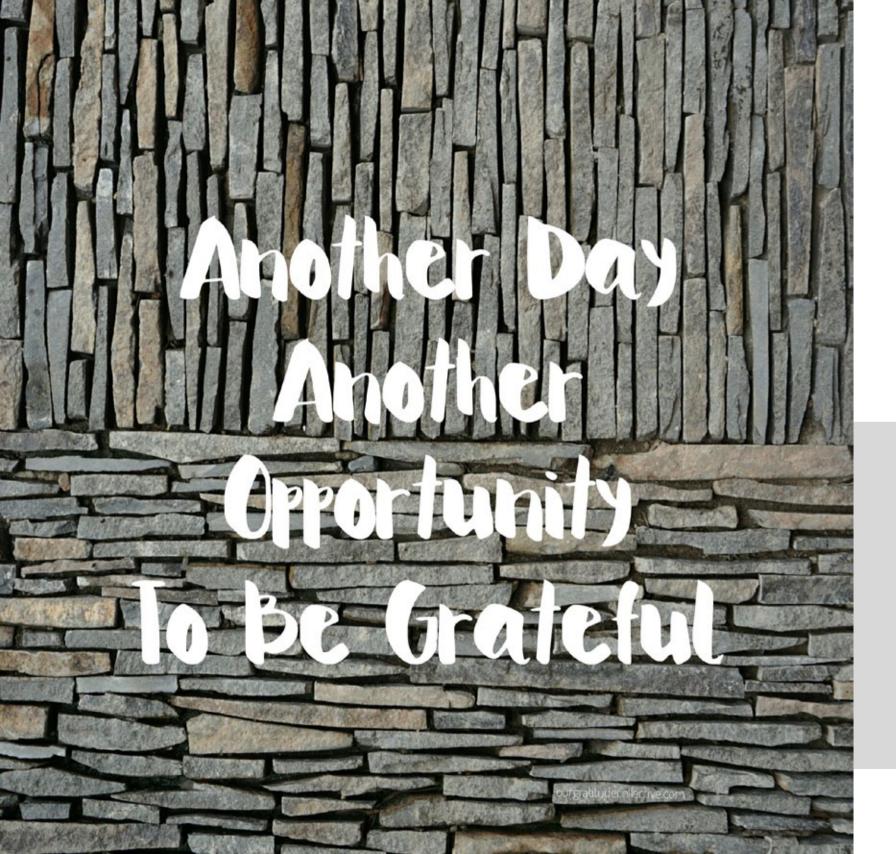


I hear the wind blow, and I feel that it was worth being born just to hear the wind blow.

~Fernando Pessoa

Walk outside for just a moment. What are you grateful to notice?



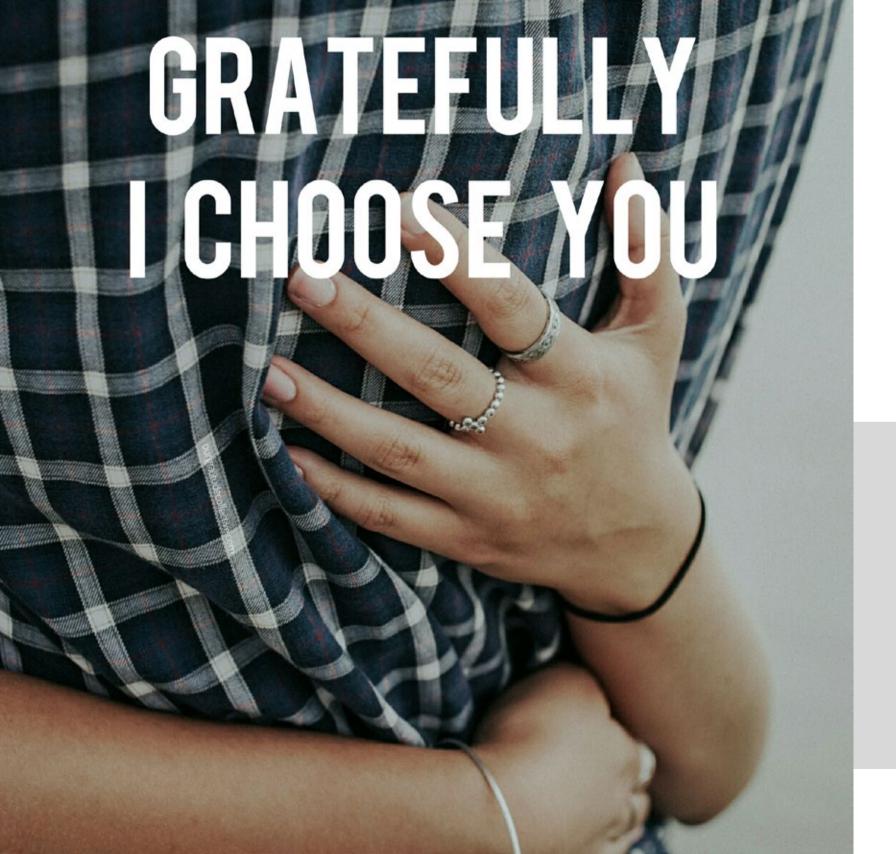


As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.

~Terri Guillemets

What is something you are not usually grateful for but you are open to the possibility?





Beauty is in everything and the key to discovery is to look for it always.

~Cheryl Nordyke

Think of someone you care about. What is one small thing you noticed about them today that you are grateful for?



don't Cover up Shit with Glitter



Allow the Shit to Be Shit And Be Open to Gratitude too

The worst things that happen also don't define us. There's more to our struggle with this that's alive and potentially redemptive.

~Krista Tippett

What are you grateful for about this shitty situation?



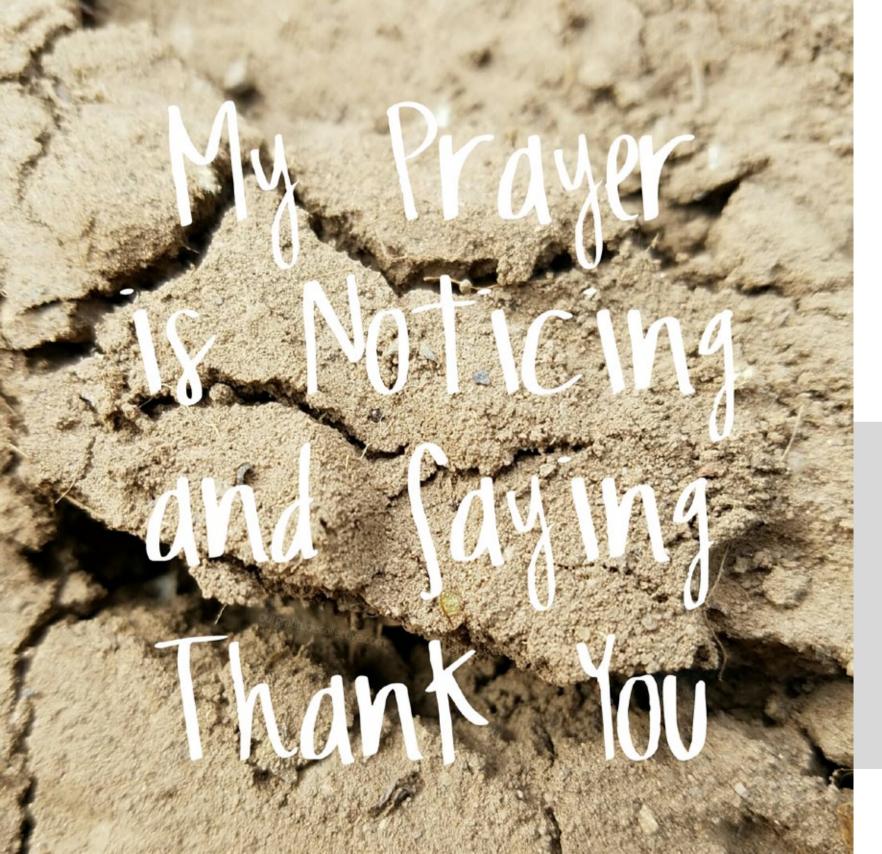


Celebrating the ordinary is a practice that requires paying attention. Embrace the temporary. Live in the moment. Be grateful for all the little things. Let your eyes linger on what's right in front of you.

~Karen Speerstra

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





Let gratitude be the pillow upon which you kneel to say your nightly prayer.

~Maya Angelou

What are you grateful to have experienced today?





We are born of love; Love is our mother.

~Rumi

What is one thing you are grateful you experienced with your mother?





If you wanna see something ugly you've never too far to go. But if you wanna find something beautiful, well, that's not too hard either.

~Jean Michel Basquiat

How does what you see change when you decide to look for something beautiful?



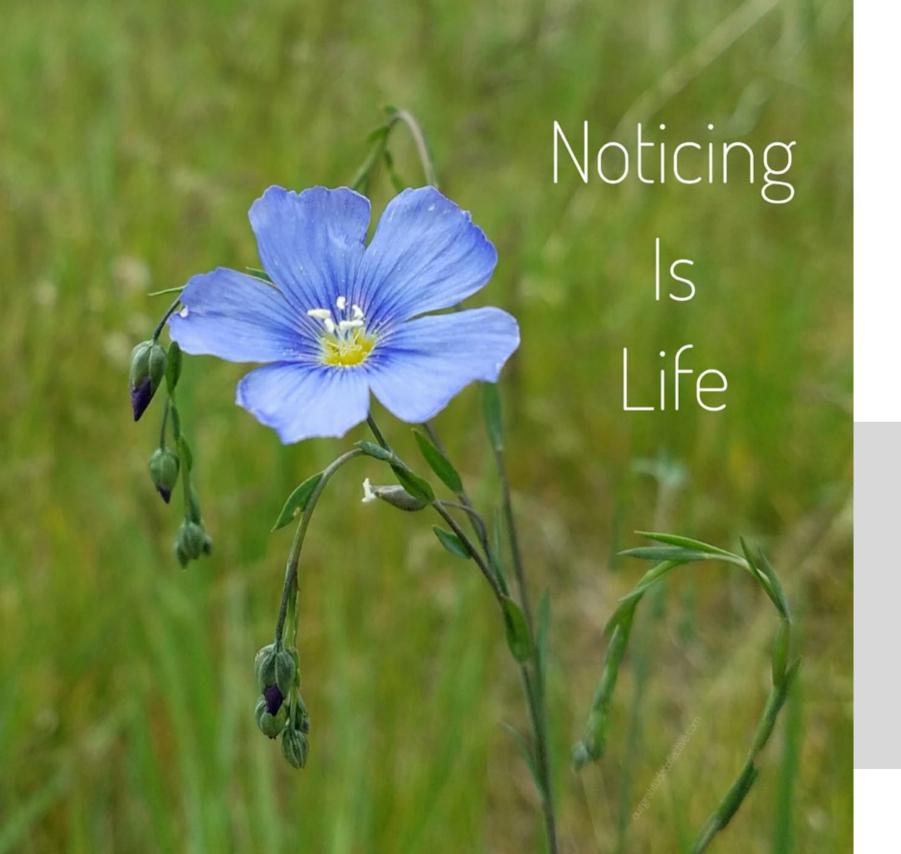


Lifting the elders is an important element of any successful tribal society. And all human society is tribal. We are tribal creatures by nature.

~Mohammed Fairouz

What are you grateful to have learned from someone you consider an elder?





Absolutely unmixed attention is prayer.

~Simone Weil

What were you grateful to learn from something that you took the time to notice?





The appreciation of pleasure can be the anchor of humanity.

~Elizabeth Gilbert

What pleasure are you grateful for?





It's very important that we relearn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems.

~Thich Nhat Hanh

What are you grateful to experience through relaxation?





I wish that life should not be cheap, but sacred. I wish the days to be as centuries, loaded, fragrant.

~Ralph Waldo Emerson

Immerse yourself in something pleasurable. What gratitude emerged from this delight?





If you truly get in touch with a piece of carrot, you get in touch with the soil, the rain, the sunshine. If we chew every morsel of our food in that way we become grateful and when you are grateful, you are happy.

~Thich Nhat Hanh

Did you say thank you for the last thing you ate?





Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.

~Bruce Garrabrandt

In what creative ways can you express your gratitude?



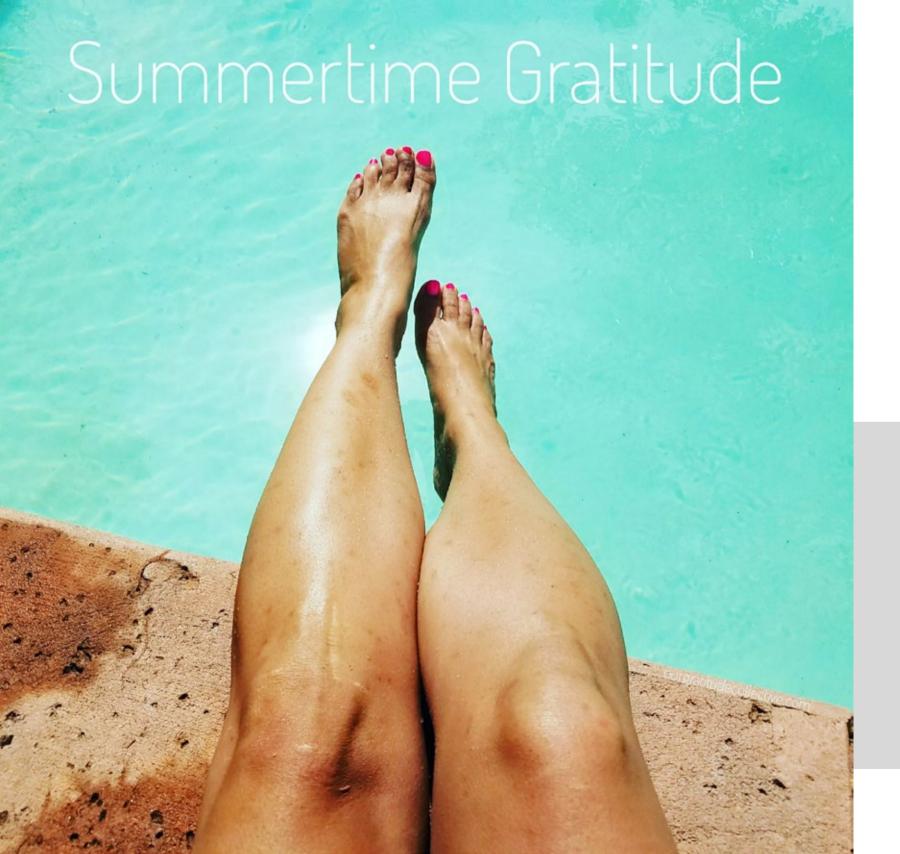


The deepest craving of human nature is the need to be appreciated.

~William James

In what ways do you appreciate yourself?



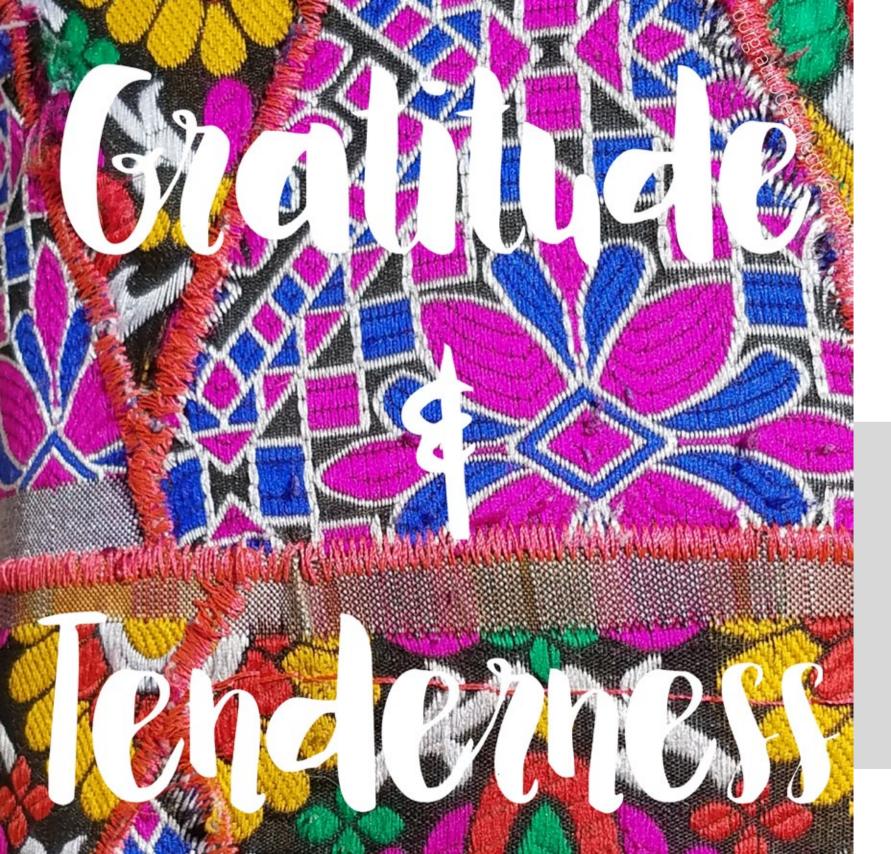


It's also helpful to realize that this very body that we have, that's sitting right here right now ... with its aches and it pleasures ... is exactly what we need to be fully human, fully awake, fully alive.

~Pema Chodron

What gift are you grateful to give to your body?



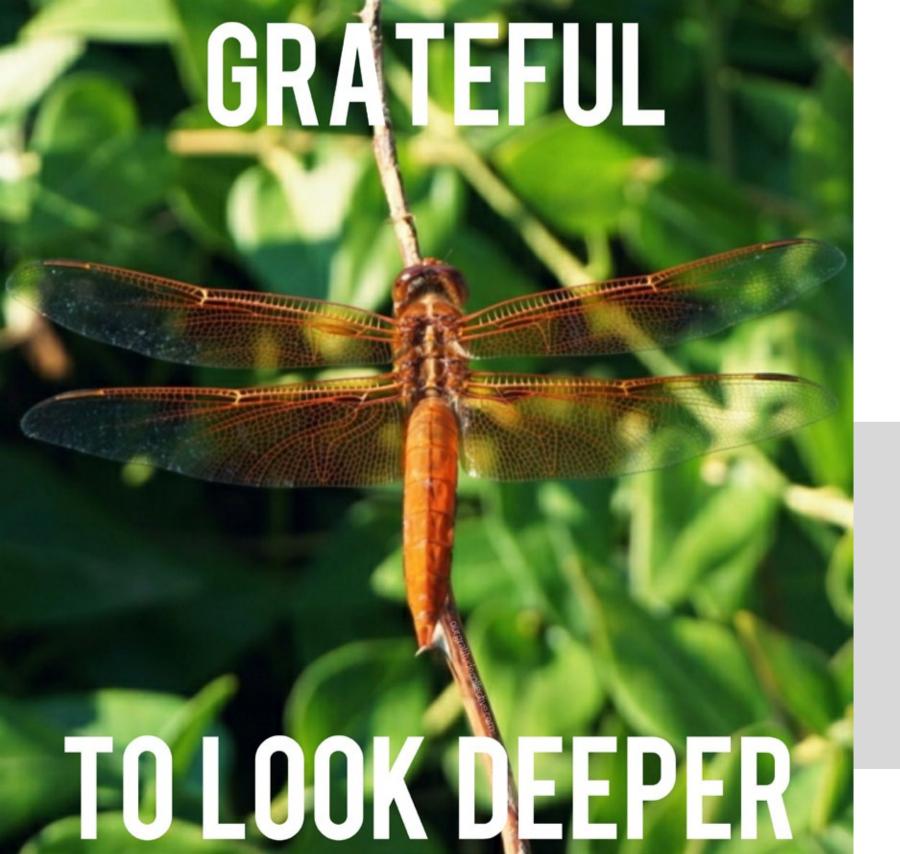


What truly heals is gratitude and tenderness.

~Pema Chodron

What makes you feel tender and grateful?





I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me. ~Isaac Newton

What are you grateful to notice that is prettier than ordinary?





Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously.

~Ralph Waldo Emerson

What are you grateful for about the full moon?



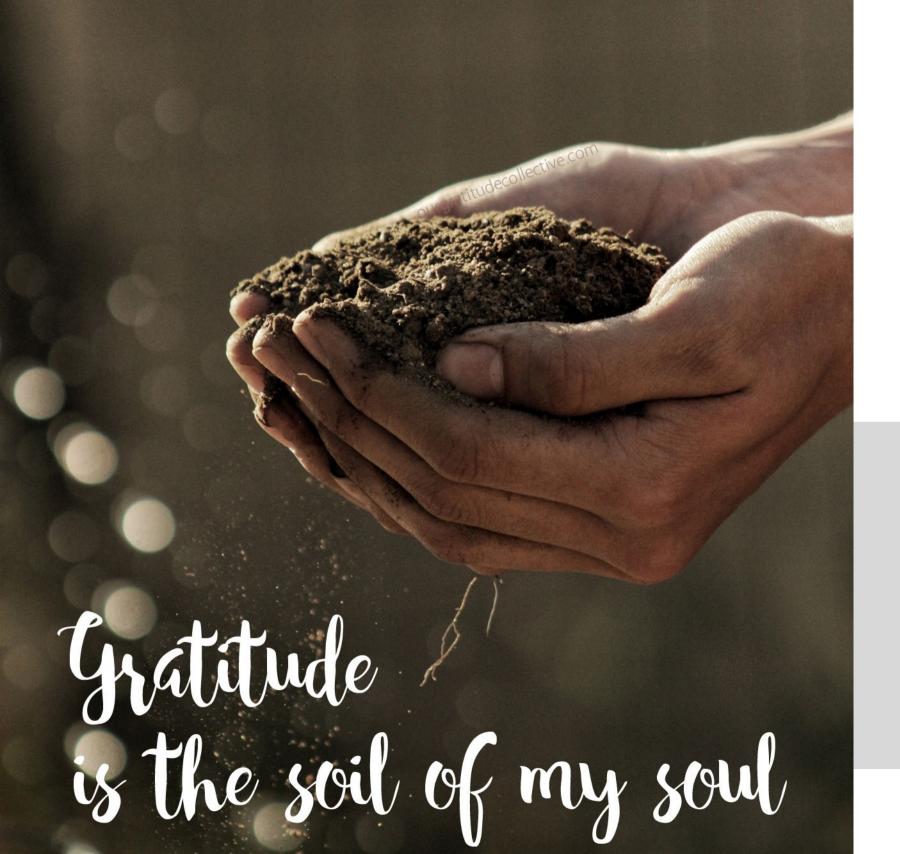


The power for creating a better future is contained in the present moment: You create a good future by creating a good present.

~Eckhart Tolle

What are you grateful to stand for?



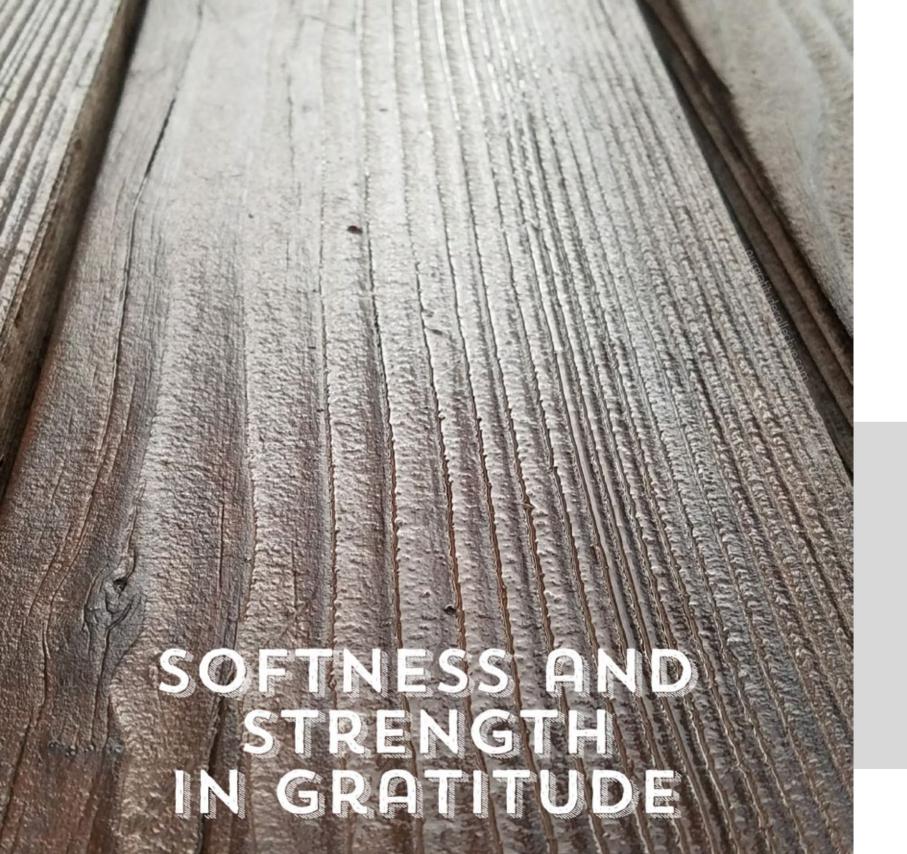


What is planted in each person's soul will sprout.

~Rumi

In what ways are you tending your soul to grow gratitude?





Great works are performed not by strength but by perseverance.

~Samuel Johnson

What are you grateful for that helps you persevere?





Always count your blessings, even if you have to count them through your tears.

~Eleanor Brownn

What memories are you grateful to have?



l accept myselb. l am gratebul bor who l am.

Your inner knowing is your only true compass.

~Joy Page

What are you grateful to be guided towards?



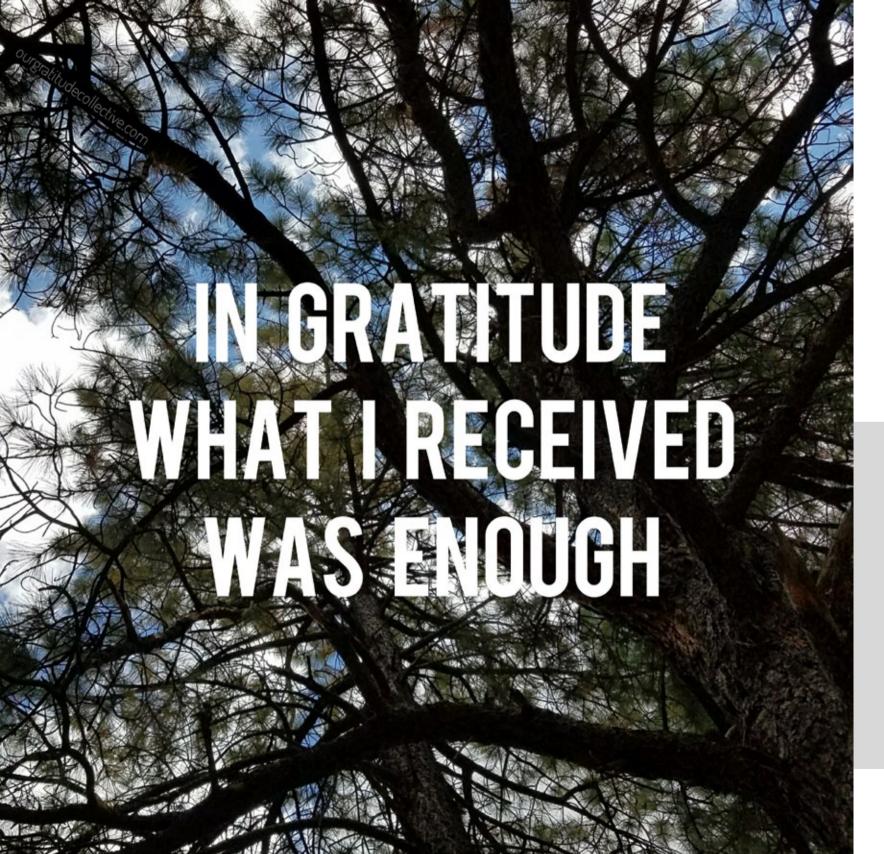


So, you want to be tough? You want to be rebellious? You want to be a badass? Then show your heart to everyone. EVERYONE.

~Michael Xavier

What are you grateful to show the world when you open your heart?





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

~Kristin Armstrong

What gift are you grateful to receive?



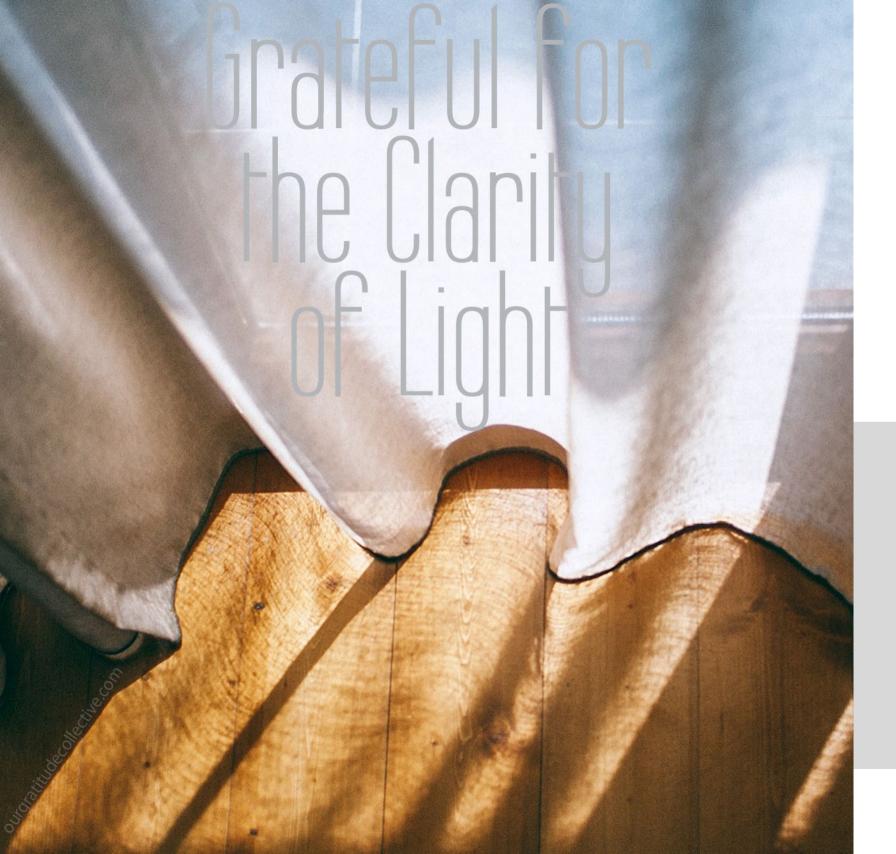
If You're Not Outraged You're Not Paying Attention and the Attention of the Atten

We're participating in something sacred.

~Fred Rogers

What are you grateful to notice now that you are paying attention?





And when your eyes freeze behind the gray window and the ghost of loss gets in to you, may a flock of colors, indigo, red, green, and azure blue, come to awaken in you a meadow of delight.

~John O'Donohue

What are you delighted by, even now?



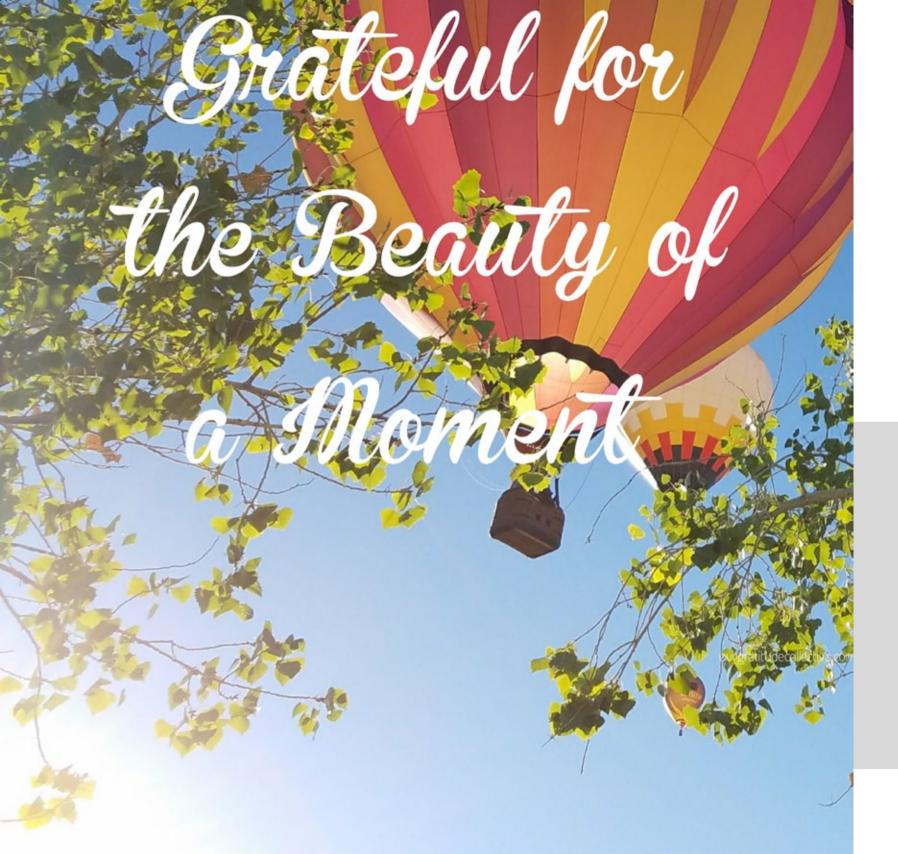
YOU DON'T HAVE TO FIND LOVE AND GRATITUDE EVERY SINGLE MOMENT FOR EVERY PAINFUL THING

I'm not OK and you're not OK.
But that's OK.

~Elisabeth Kuebler-Ross

Maybe you're grateful in this moment. Maybe you're not. That's OK. What do you feel right now?





I emerged from the woods in the early morning at the end of a walk and as I stepped from under the trees into the mild, pouring-down sunlight I experienced a sudden impact, a seizure of happiness. It was not the drowning sort of happiness, rather the floating sort. I made no struggle toward it; it was given. ~Mary Oliver

What are you grateful to experience as you walk outdoors?





Nature's beauty is a gift that cultivates appreciation and gratitude.

~Louie Schwartzberg

What beauty are you grateful to find in nature?





If you have no shadows then you're not standing in the light.

~Lady Gaga

What shadows do you see in yourself or in the world? In what ways are you grateful to witness these shadows?





Music is the divine way to tell beautiful, poetic things to the heart.

~Pablo Casals

What song are you grateful for?





Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary.

~Margaret Cousins

What were you grateful to hear that someone said they were grateful for?





So take a chance and openly give thanks, even if you're not sure what for, and feel the plentitude of all that is living brush up against your heart.

~Mark Nepo

What does it feel like to be grateful for nothing in particular and everything all at once?





Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

~Brené Brown

What personal boundary are you grateful you upheld?



Grateful for all that has led me to this moment of peace

My destination is no longer a place, rather a new way of seeing. ~Marcel Proust

What are you grateful for that has led you to this moment?





VIBES

Try to say nothing negative about anybody for three days, for 45 days, for three months. See what happens to your life.

~Yoko Ono

What are you grateful to see in someone when you commit to not saying anything negative about them?





Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.

~Eckhart Tolle

What are you grateful for about where you lay your head?





Perceive life with awe and humility. Now go take on the day!

~Jeff Linkenbach

What simple everyday occurrence are you grateful for?

