

One Year of Gratitude

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Our Gratitude Collective


52 Weeks of Gratitude Inspiration

Each week has a two-page spread
with gratitude

photos, quotes and questions

to guide you on your
year of gratitude

Enjoy!

A close-up photograph of a hand holding a piece of translucent, white, crystalline material. The word "THANKFUL" is written in large, white, uppercase letters across the center of the material. The background is a blurred wooden surface.

If you only focus on the externals you will live a life in the deadening pursuit of power and products. But if you stay in touch with your inner truth you will come alive with joy, purpose, and gratitude.

~Nipun Mehta

What are you grateful for that is alive in your body right now?



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The real gift of gratitude is that the more grateful you are the more present you become.

~Robert Holden

What are you grateful to experience through meditation?



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If you change the way you look at things,
the things you look at change.

~Wayne Dyer

What are you grateful for about your
heart?



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For me, it is far better to grasp the Universe as it really is than to persist in delusion, however satisfying and reassuring.

~Carl Sagan

What are you grateful to have learned through observation?



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The most earnest prayer that I know is to ask for the life energy of the universe to come down into my body and let my mind become full and overflowing with peace and gratitude.

~Ilchi Lee

What are you grateful to feel gratefulness and peace about?



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I am
Grateful

Cherish all your moments. Embrace the
beauty and importance of each one.

~Melody Beattie

What are you grateful for in this moment?





Our capacity to love is a currency that
never runs out.

~Nipun Mehta

What do you love and appreciate?



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I am
grateful

Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some.

~Charles Dickens

What story can you share about the good in your life today?



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G STRENGTH A T T I T U D E

Don't wish me happiness I don't expect to be happy all the time... It's gotten beyond that somehow. Wish me courage and strength and a sense of humor. I will need them all.

~Anne Morrow Lindbergh

What are you grateful you had the strength to overcome?



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Think of all the beauty still left around you
and be happy.

~Anne Frank

What are you grateful for even though
things aren't going your way?



Stop.
Notices.
Appreciates.

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Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens.

~Carl Jung

What are you grateful to know about yourself?



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GRATITUDE. ONE MOMENT THEN THE NEXT.



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Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.

~E.E. Cummings

What is true for you in this moment? What are you grateful for about this truth?



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Be fully awake to everything about you
& the more you learn the more you can
appreciate & get a full measure of joy &
happiness out of life.

~LeRoy Pollock

In what ways are you grateful for your
ability to be understanding and kind to
yourself?



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I AM LOVE

The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.

~Helen Keller

What are you grateful that you chose today?

AND GRATITUDE

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I
went on a walk
to take care of
myself
and look what I found ...
gratitude

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Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

~Parker J. Palmer

What gratitude emerged for you the last time you took care of yourself?



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bloom with

The curious paradox is that when I accept myself just as I am, then I can change.

~Carl Rogers

What skills or strengths are you grateful to have?

Gratitude





With any act of unconditional service no matter how small, our biochemistry actually changes, our mind quiets down, there is this rise in gratefulness. This inner transformation fundamentally shifts the direction of our lives.

~Nipun Mehta

What are you grateful to give?



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Gratitude is the memory of the heart.

~Jean Baptiste Massieu

What are you grateful for about a dream
even if you don't remember the dream?



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Poetry is when an emotion has found
its thought and the thought has found
words.

~Robert Frost

What are you grateful to experience in
your body?

Gratitude



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Gratefully I see the good in you.

I think that's what's important in life.
You should always look at the good in a
person not the bad. If you look at the bad
you'll never see the good. If you look at
the good you'll understand the bad.

~Marco Pierre White

Think of someone who upset you. What
good do you see in them? What are you
grateful for about them?



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**SAY
THANK YOU
FOR ALL THE
GOOD**

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Do not let yourselves be tainted by a
deprecating and barren skepticism.

~Louis Pasteur

What has been going really well for you
that you appreciate?



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I CHOOSE
GRATITUDE
EVEN WHEN
THINGS KIND
OF SUCK

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The women whom I love and admire for their strength and grace did not get that way because shit worked out. They got that way because shit went wrong, and they handled it. They handled it in a thousand different ways on a thousand different days, but they handled it.

~Elizabeth Gilbert

What seemingly bad situation are you grateful that you handled with grace?



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calm

There is a calmness to a life lived in
gratitude, a quiet joy.

~Ralph H. Blum

What are you grateful for right here right
now? In what ways does that make you
feel calm?





Men's natures are alike, it is their habits
that carry them far apart.

~Confucius

What habit are you grateful to have in
your daily life?



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I believe that the future is extremely bright. I believe that the future is hopeful. And I think that this generation is absolutely committed to making the world a better place. We have the will, we have the drive, we have the knowledge of the world at our fingertips. I think the resources available to us are unparalleled and light the way to a great future. ~Mohammed Fairouz

What gives you hope when sadness and doubt bring a shadow over you?



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TO
WALK THIS
WORLD AWARE
GRATEFUL KIND
PEACEFUL IS TO
LOVE FULLY



You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you.

~Maya Angelou

What do you love doing that makes you feel alive, energizes you and/or contributes to something greater than yourself?



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A close-up photograph of a black and white pug dog. The dog is looking directly at the camera with its tongue hanging out. It is sitting on a surface covered with a patterned fabric, possibly a shirt or a blanket, which has red and black floral or paisley designs. The background is slightly blurred, showing some outdoor foliage.

HAPPY AS FUCK

He seemed like a man who went through life looking for the smallest excuses to be happy.

~Brandon Stanton

What are you grateful to have access to online that makes you laugh?

NO MATTER WHAT



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GIVE
THANKS

Wake at dawn with a winged heart and
give thanks for another day of loving.

~Kahlil Gibran

What are you grateful for that lifts your
heart?



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Connecting through



Please and Thanks

Asking for help with shame says: You have the power over me. Asking with condescension says: I have the power over you. But asking for help with gratitude says: We have the power to help each other.

~Amanda Palmer

Think of a time you felt inexplicably connected. What are you grateful for about that experience?



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The moment I accept where I am, and who I am in this moment, is the moment I empower myself. If I then see all I have to be grateful for and embrace that gratitude with all my heart I release myself. Now, I have the power from a heart of gratitude and acceptance to go anywhere, do anything, become anyone I so desire. Now I see it is up to me, it always has been. ~Cheryl Nordyke

What are you grateful for that you are ready to release because it no longer serves you?

GRATEFUL

aa ia



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grateful

When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.

~Jean Shinoda Bolen

What do you appreciate because it nourishes you and brings you joy?



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and then
I smiled

Every traveler has a home of his own, and
he learns to appreciate it the more from
his wandering.

~Charles Dickens

What do you appreciate right now though
it is distant?



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Real people do real things. A collective of a whole bunch of people who do things in their own locale, in their own neighborhoods - the sum is bigger than the parts, and the parts will grow.

~Chuck D

What do you appreciate about being part of this gratitude community?



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Thankful

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A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.

~Hippocrates

What are you thankful for about your health as it is today?



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thank
you

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Our intention creates our reality.

~Wayne Dyer

What are you grateful showed up in your life that was aligned with your intentions?



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Gratefully Aware

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My happiness grows in direct proportion
to my acceptance, and in inverse
proportion to my expectations.

~Michael J. Fox

What are you grateful to be aware of right
now?



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The greatest weapon against stress is
our ability to choose one thought over
another.

~William James

What are you grateful to experience
through your senses right this moment?



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BEING GRATEFUL IS EASY

Saying thank you is more than good manners. It is good spirituality.

~Alfred Painter

What are you thankful for that you are ready to say out loud?

The Challenge Is Remembering
To Express It Out Loud



Be happy for this moment. This moment is
your life.

~Omar Khayyam

What moment today filled your full
attention with love?



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They both seemed to understand that describing it was beyond their powers, the gratitude that spreads through your body when a burden gets lifted, and the sense of homecoming that follows, when you suddenly remember what it feels like to be yourself. ~Tom Perrotta

What message were you grateful to receive from your body?



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The mind is everything. What you think
you become.

~Buddha

In what ways does noticing make you
more appreciative?



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*We must risk delight.
We must have the
stubbornness to accept our
gladness in the ruthless
furnace of this world.
~Jack Gilbert*

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We must risk delight. We must have the stubbornness to accept our gladness in the ruthless furnace of this world.

~Jack Gilbert

What are you grateful for about yourself that shows you are definitely not perfect?



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There is a magnificent, beautiful, wonderful painting in front of you! It is intricate, detailed, a painstaking labor of devotion and love! The colors are like no other, they swim and leap, they trickle and embellish! And yet you choose to fixate your eyes on the small fly which has landed on it! Why do you do such a thing? ~C. Joybell C.

What fact are you grateful for?



Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.

~Richard M. DeVos

What are you grateful to be gently nudged into doing?



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1
CHOOSE
GRATITUDE

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Be grateful for whoever comes because
each has been sent as a guide from
beyond.

~Rumi

What are you grateful for about the way
you love yourself?



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YOU HAVE POWER
OVER YOUR MIND
NOT OUTSIDE EVENTS.
REALIZE THIS,
AND YOU WILL
FIND STRENGTH.
MARCUS AURELIUS

You have power over your mind not outside events. Realize this and you will find strength.

~Marcus Aurelius

Think about a situation you wish you could control. What are you grateful for as it is now?



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grateful

Enjoy the little things, for one day you
may look back and realize they were the
big things.

~Robert Brault

What tiny seemingly unimportant thing
are you grateful for?



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thanks

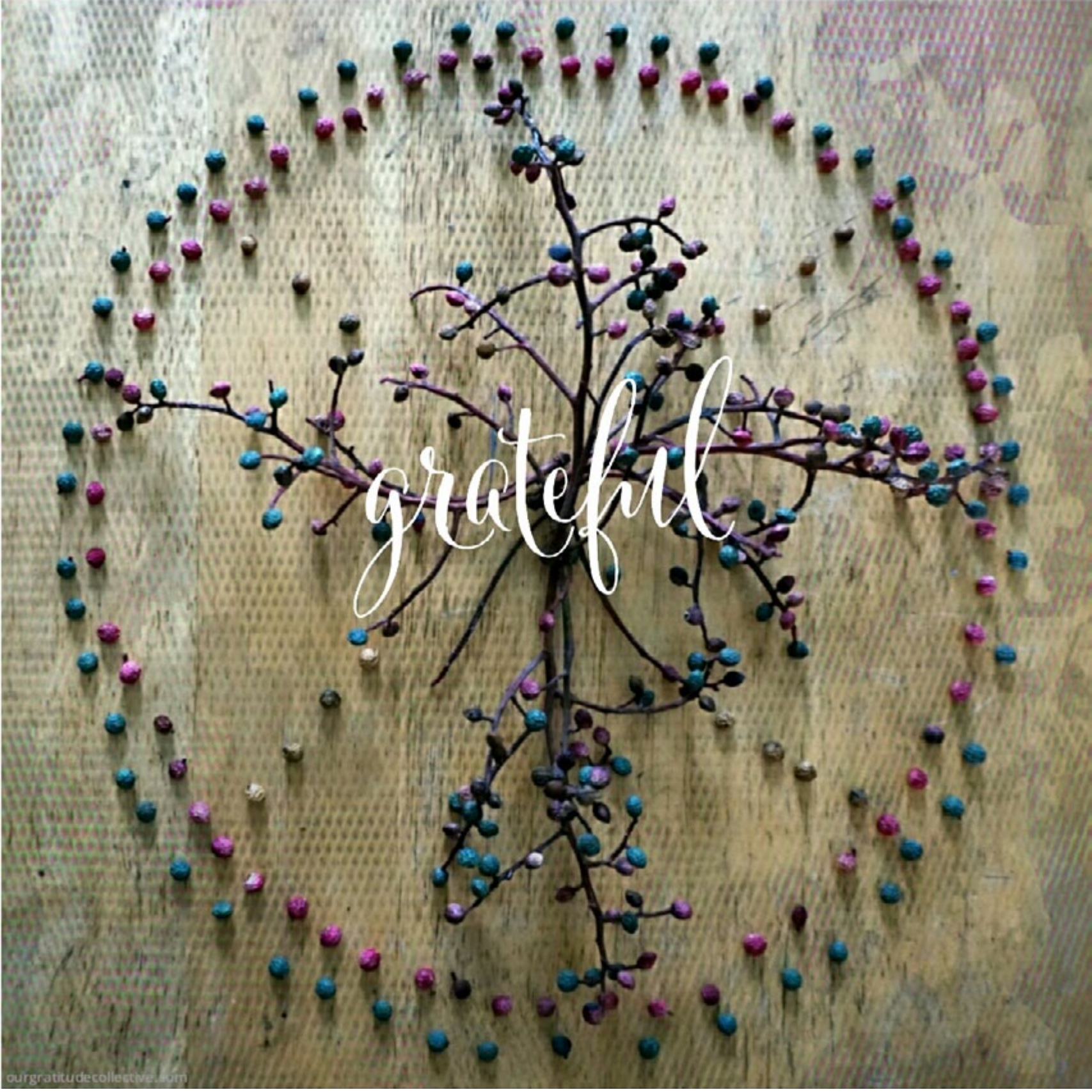
Almost everything will work again if you
unplug it for a few minutes, including you.

~Anne Lamott

What gratitude came to light when you
took a few minutes to meditate?



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Showing gratitude is one of the simplest yet most powerful things humans can do for each other.

~Randy Pausch

What are some specific things you are grateful for about a person you love?



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Winter
Gratitude

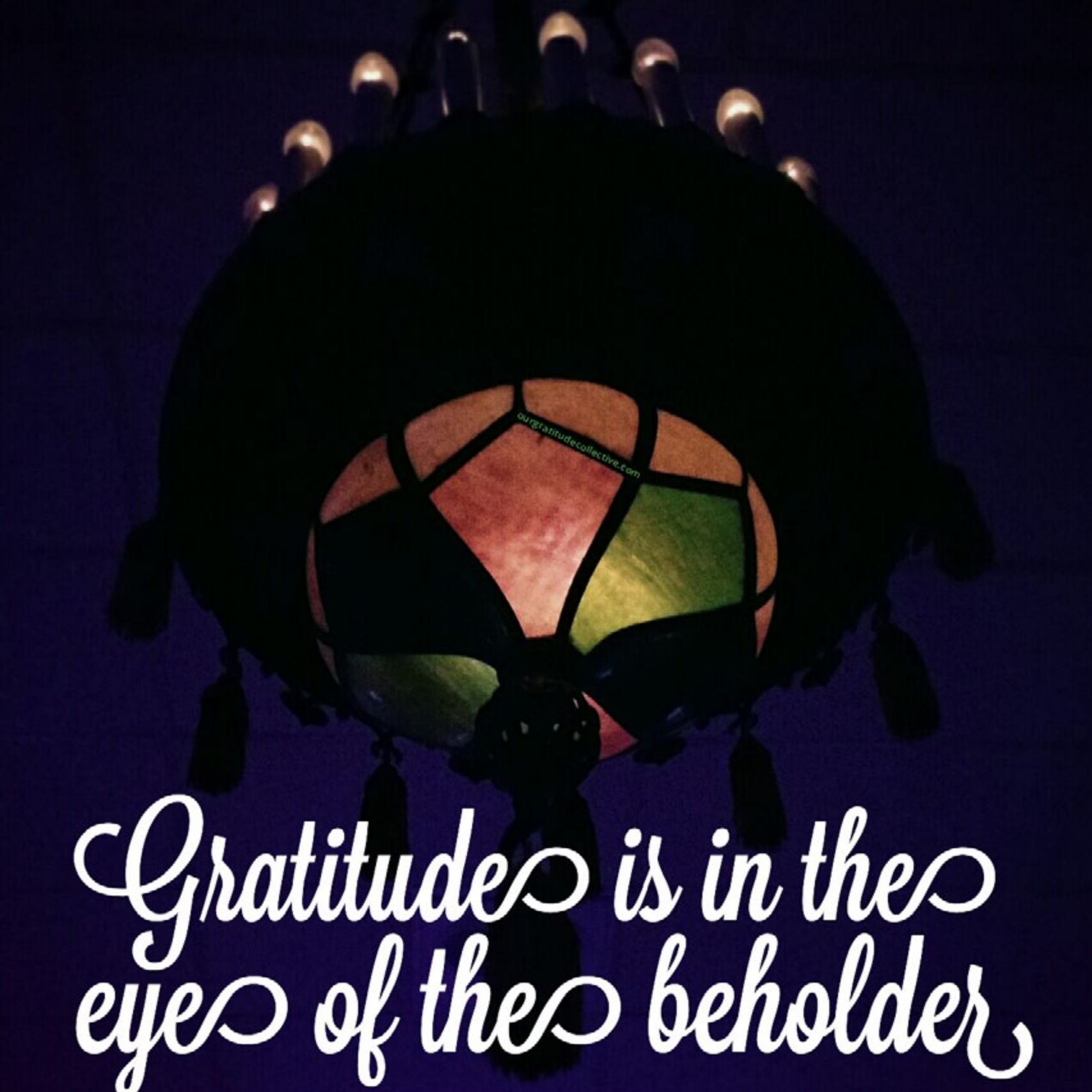
How we spend our days is, of course, how
we spend our lives.

~Annie Dillard

What did you say sorry for that actually
should have been a “thank you” instead?



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*Gratitude is in the
eyes of the beholder*

Someone I loved once gave me a box
full of darkness. It took me years to
understand that this too was a gift.

~Mary Oliver

In what ways are you grateful for the
darkness?



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Thank You

Write it on your heart that every day is the
best day in the year.

~Ralph Waldo Emerson

What are you grateful for today that you
didn't experience yesterday?



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