



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

Enjoy!

A Year of Gratitude

ANTONIA MONTOYA

Reflecting on the Good in My Life

The past, like the future, is indefinite and exists only as a spectrum of possibilities.

~Stephen Hawking

Reflect on the past year. What are some of the highlights you'd like to celebrate?



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Inspire a

Thank
you!

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.

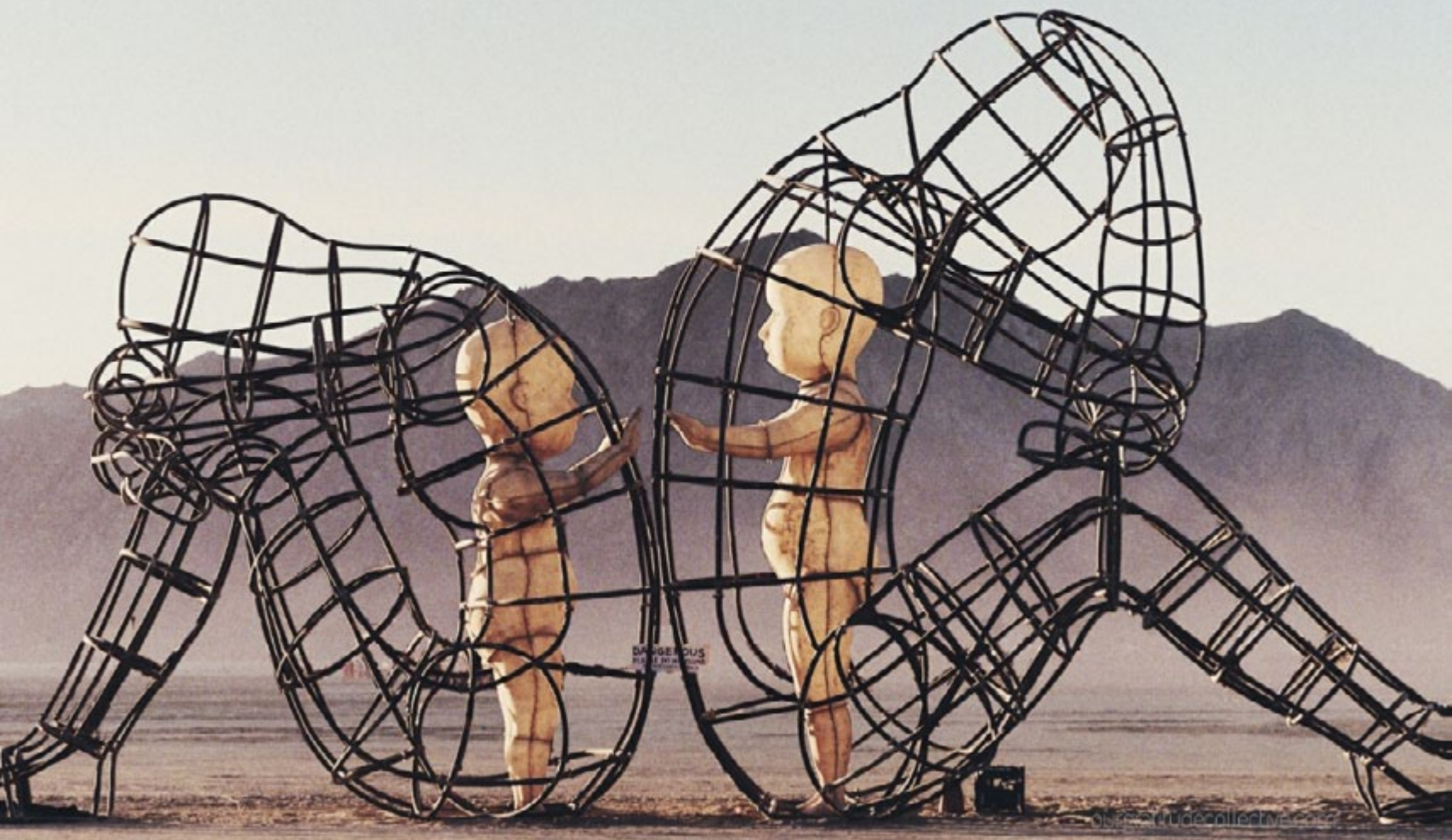
~W. T. Purkiser

What are you grateful to experience when you do something unconditionally to be of service to others?



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Could Be Better
Could Be Worse
Still Grateful



Everything can be taken from a man
but one thing: the last of human
freedoms — to choose one's attitude
in any given set of circumstances, to
choose one's own way.

~Viktor E. Frankl

Things could be better. They could be
worse. And still what are you grateful for?



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We suffer only because we
take seriously what the
gods made for fun.
~Alan W. Watts



There's something funny in everything.

~Louis Brenner

What are you grateful to find the fun in?



Love can flow toward you in every moment: through a flower, in a grain of sand, in a wisp of cloud, in any one person whom you allow to delight you.

~Richard Rohr

What are you grateful to experience as it flows?

Grateful for the
Flow of All Things



If you can't see God in all you can't
see God at all.

~Yogi Bhajan

What are you grateful for about a stranger
you saw today?



gratitude is
something you feel
not something you
tell others to feel

Gratitude isn't a burdening emotion.

~Loretta Young

What are you free to find gratitude in if
you choose?



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

~Richard M. DeVos

What gratitude emerges for you when you share a smile for no reason?



I have a lot to be thankful for. I am healthy, happy and I am loved.

~Reba McEntire

Fill in the blank. I am _____.



Getting Ready
for Gratitude

The ancestor of every action is thought.

~Ralph Waldo Emerson

What helps you to get ready for gratitude?



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SUPPORTED &
PROVIDED FOR

BY THE EARTH

You are provided for in ways you cannot begin to imagine. And yet, being human, we forget.

~Hiro Boga

In what ways are you grateful to be supported and provided for by the earth?



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Grateful in Belonging

When you get to a place where you understand that love and belonging, your worthiness, is a birthright and not something you have to earn, anything is possible.

~Brené Brown

In what ways are you grateful to know you belong, that you are enough just as you are today flaws and all?



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Finding Meaning in Our Work

Finding meaning in what you do is one of the most important dimensions of resilience.

~Amy Richman

In what ways are you grateful to find meaning in your work?



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forgotten
gratitude

I can only note that the past is beautiful because one never realizes an emotion at the time. It expands later, and thus we don't have complete emotions about the present, only about the past.

~Virginia Woolf

What is something you were grateful for last week?



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When something goes wrong in your life just yell plot twist and move on.

-Zero Dean

When something goes wrong in your life just yell plot twist and move on.

~Zero Dean

What emotion are you grateful to be aware of in your body right now?



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awesome things
to be grateful for

The moment one gives close attention to any thing, even a blade of grass it becomes a mysterious, awesome, indescribably magnificent world in itself.

~Henry Miller

What awesome things are you grateful for?



releasing
with
gratitude

Gratitude is an opener of
locked-up blessings.

~Marianne Williamson

Think of something that has served you in
the past but no longer does. What are you
grateful for about it?



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**GIVE WEIGHT TO
THINGS AROUND YOU
SO THEY MAY STAY**
Yoko Ono

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Give weight to things around you so they may stay.

~Yoko Ono

What are you grateful for that you would like to remain in your life?



Thanks to life, which has given me so much | It gave me hearing that, in all of its reach | Records night and day crickets and canaries | Hammers and turbines, bricks and storms | And the tender voice of my beloved.

~Violeta Parra

What makes your gratitude bloom?

gratitude blooms



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Grateful

The more relaxed you are, the better you are at everything: the better you are with your loved ones, the better you are with your enemies, the better you are at your job, the better you are with yourself.

~Bill Murray

What relaxing activities are you grateful to do?



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*Grateful for every
step of the way*

I'm not saying I can always do this, but if I can stay more in the moment and be grateful for every step of the way, then because I'm not expecting anything, nothing was ever abandoned.

~Björk

What are you grateful for at this step in your journey?



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Beautiful but Goodbye

You wanna fly? You got to give up the
shit that weighs you down.

~Toni Morrison

What do you appreciate but you are also
ready to say goodbye to?



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BLOOM

WITH EVERYTHING

YOU GOT

I've seen it too many times. Where people die with their dance still in them. We don't want to die with our dance still in us, ya'll. You want to die with it all out on the field.

~Preston Smiles

What are you grateful to put out into the world?



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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 small thing are you grateful to do to be of service to others?



*This is
all the
miracle*
~adrienne maree brown

To say yes to one instance is to say yes
to all existence.

~Otto Hoffman

What possibility are you grateful to
acknowledge?



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Waving my gratitude like a flag is part of what keeps the gift in motion.

~Amanda Palmer

In what ways can you make your gratitude known?



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If one is estranged from oneself, then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others.

~Anne Morrow Lindbergh

What are you grateful to experience when you take the time to connect with yourself?



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CEREMONIAS DE CURACIÓN

We don't have too much ritual in our life anymore. And these life symbols which people rely on to keep their feeling of well being, that life is not too bad after all are required more and more.

~John Hench

What are you grateful to connect to when you do a gratitude ritual or ceremony?



We suffer only because we take seriously
what the gods made for fun.

~Alan W. Watts

What are you grateful for that brings
a smile to your face?



Clearly, being grateful has some pretty sweet benefits.

~Dani Dipirro

What benefits do you experience from practicing gratitude regularly?



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Finding Gratitude is Creativity

Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings.

~William Arthur Ward

What gratitude can you find when you choose to see things differently?



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*Repeat the Good
Like a Mantra*

Write the wrongs that are done to you
in sand, but write the good things that
happen to you on marble.

~Arabic Saying

What are some good things that
have happened to you today?



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Thank you for
showing up, teacher.
I guess I am ready.

There is no better than adversity.
Every defeat, every heartbreak, every
loss, contains its own seed, its own
lesson on how to improve your
performance the next time.

~Malcolm X

What teacher is showing up for you
in this time of your life? What are
you learning/meant to learn?



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We can only be said to be alive in those moments when our hearts are conscious of our treasures.

~Thornton Wilder

Sometimes there are just no words to describe the gratitude you feel. In what ways can you express gratitude without saying a word?



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Grateful

everyone can be
even you
even me

It's partly true, too, but it isn't all true. People always think that something's all true.

~J.D. Salinger

You have a lot of complaints about it. That is true. But what gratitude is there as well?



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A photograph of two halves of a pink grapefruit, cut lengthwise, resting on a light-colored wooden cutting board. The grapefruit halves are positioned horizontally, with their green rinds facing outwards and their pink, seeded interiors facing inwards. The text "immerse yourself" is overlaid in white, lowercase letters at the top left, and "in this moment of gratitude" is overlaid in white, lowercase letters at the bottom left.

immerse yourself

in this moment
of gratitude

I think it pisses God off if you walk by
the color purple in a field somewhere
and don't notice it.

~Alice Walker

Take it in with all your senses. What are
you grateful to see, smell, hear, taste or
touch?



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A photograph of a pond with lily pads and ripples in the water. The text "Ripples of Gratitude" is overlaid on the image in a white, cursive font.

Ripples of Gratitude

You can literally wake up another person with your glow.

~Yogi Bhanjan

What will you do this week to make your gratitude known to others?



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Honesty before positivity. You have to feel what you feel before you can reach for a better feeling. All feelings are valid and deserve space within us.

~Jerome Braggs

What emotions are alive in you at this moment?

*Feel your
Feelings*



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He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

~Epictetus

What are you grateful to have in your life today?



*Grateful for
Fall Clothes*


I appreciate the shit I have because I know what it's like to have nothing.

~Quincy Jones

What are you grateful for about the clothes you have to wear?



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What is
Possible?

I'm a sucker for possibility.

~Mary-Louise Parker

What possibilities are you
grateful to uncover?



Give

**without
expectation
of thanks**

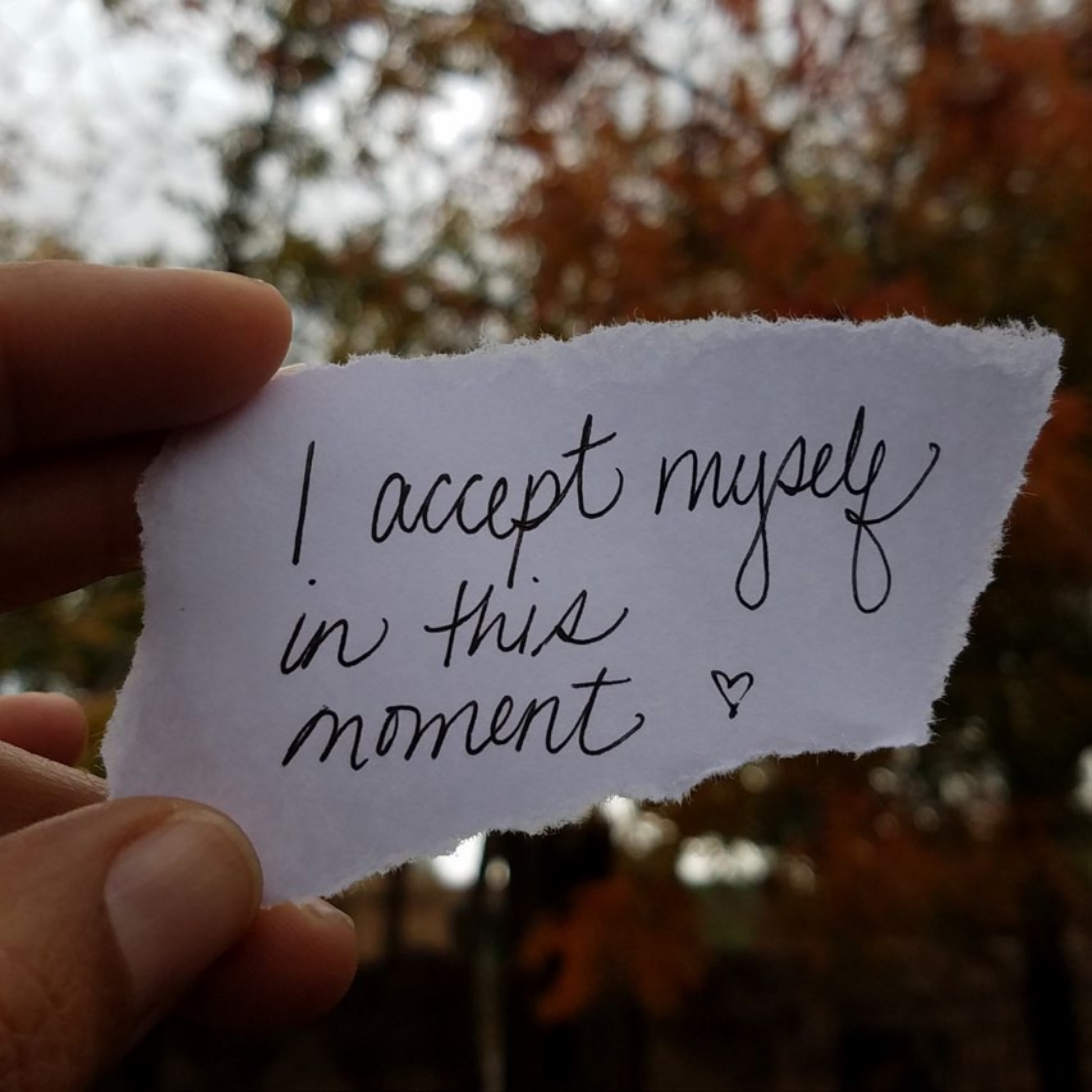
Take some responsibility for your choices. Nobody got you here but you. You can't spend your whole life holding the door open for people and then being angry when they don't thank you. Nobody asked you to hold the fucking door.

~Lisa Caputo

What are you grateful for about the experience of giving?



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I accept myself
in this
moment ♡

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 do you appreciate about yourself?



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The more you praise and celebrate your life, the more there is in life to celebrate.

~Oprah Winfrey

What wins are you grateful for today?

So Much
To Be
Grateful For

Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.

~Marcus Aurelius

What are you grateful for about where you laid your head last night?



All life of Giving Thanks

I try to be grateful for the abundance of the blessings that I have, for the journey that I'm on and to relish each day as a gift.

~James McGreevey

This day may be just like the one before but still there is something new to be grateful for. What are you grateful for this day?



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There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.

~Nelson Mandela

What are you grateful to see as possible for your life right now?



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Grateful to Notice

Being unappreciative might mean we are simply not paying attention.

~David Whyte

What are you grateful to notice?



Gratitude builds a bridge to abundance.

~Roy Bennett

What are you grateful for that you would like to welcome more of in your life?



grateful

I regularly take my entrepreneurship students out walking because I want to get them in the habit of noticing and thinking about what they notice. They have to leave their phones behind to learn the basic lesson: Be where you are.

~Margaret Heffernan

What are you grateful to experience when you're away from your phone and computer?



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*all the
brilliant things
that brighten
each day*

When we take time to notice the things that go right - it means we're getting a lot of little rewards throughout the day.

~Martin Seligman

What little moments brightened your day today?



happy new year

If you want love, practice love. If you want peace, practice peace. If you want happiness, practice happiness. Everything you want is within you.

~John Whiteman

What will you practice this year?



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