



**gratitude**

# INTRODUCTION

Gratitude is a powerful force. It has been proven not only to calm and focus the mind but also to improve physical health and well being. When you're focused on what you're thankful for, it's difficult to feel negative or unhappy. Cultivating gratitude is one of the best ways to live a happy, fulfilled life.

Of course, life does have many challenges and when you're in the midst of them, paying attention to what you have (instead of what you lack) can be hard work.

This little book has been designed to help you embrace an attitude of gratitude – even when it might seem like it's a challenge to do so.

By pairing beautifully inspiring quotes with fresh insights and motivating activities, this book will set you on the path to living a more thankful, more joyful life.

## GRATITUDE

*noun* | *grat•i•tude* | /'gradə,t(y)ōōd/

1. The quality or feeling of being warmly or deeply appreciative of kindness or benefits received
2. The state of being grateful or appreciative



“

Let us be grateful  
to **people who make  
us happy**; they are the  
charming gardeners  
who make **our souls  
blossom.**

MARCEL PROUST

”

GRATEFUL  
HAPPY  
SOULFUL  
BLOSSOM

When other people love and accept you just as you are, you feel happy and confident and can't help but grow into your best possible self. Who are the truly nurturing people in your life? Appreciate their encouragement and treasure them.

*List three people  
you can contact  
right now  
to express how  
thankful you are  
to have them*

TODAY I AM  
**GRATEFUL**  
FOR THOSE  
I LOVE

# TOP 10 GRATEFUL ACTS

1. Appreciate the little things
2. Savour moments spent alone
3. Give words of thanks to others
4. Recognize your strengths
5. Treasure your relationships
6. Cherish your inspiration
7. Value what you already have
8. Overlook what you lack
9. Choose thankful over wishful
10. Welcome whatever comes