














GRATITUDE



Gratitude is mindful thankfulness. When you show gratitude, you take the time to be thankful for things and people in your life. There is always something to be grateful for and when you stop and find things to be thankful for, you develop an 'Attitude of Gratitude'. This positive attitude improves your life and the lives of others.

Every day you can do little things to have more gratitude. Here are some action steps to help you have an 'Attitude of Gratitude' in your life!

**COURAGE + GRATITUDE + FORGIVENESS +
COMPASSION IN ACTION= CHOOSING LOVE**

MON	TUE	WED	THU	FRI	SAT	SUN
Write down the word Gratitude on a piece of paper. Now decorate the page with pictures and words to show what Gratitude means to you.	Watch this Gratitude Video: https://youtu.be/T5Umo80x9og Share it with someone!	Start a Gratitude list by writing down three things you are grateful for. 	Create a 'Gratitude Gateway'. Choose one doorway- every time you pass through it, think of one thing you're grateful for.	Every time a negative thought enters your mind, replace it with a positive thought! 	Wake up and let smiling be the first thing you do! Smiling changes your attitude immediately!	Practice a Random Act of Kindness to give someone something to be grateful for.
Think of 3 people you are grateful for and why they are special to you. Reach out to thank them! 	Be thankful for laughter! Look up a joke or two and let yourself laugh out loud! Share jokes with others!	Look up 3 quotes that are inspiring to you. Write them down somewhere where you'll see them daily! 	Take a moment to be mindful of nature. Visualize a place in nature that brings you peace and happiness.	Write down 3 things that you like most about yourself...three strengths, talents, or unique qualities! 	Take a few Gratitude Breaths. Breathe in deeply and let the air fill your heart with thanks. Then breathe out slowly letting go of negativity. 	Before you go to bed, write down 3 things about the day that you are thankful for. End the day on a positive note!
Think of something you like about someone else. Tell them...give them a compliment!	Create a 'TOP 10' List...write down the Top 10 best moments of your life so far. Picture these special moments in your mind! 	Write a note to someone for whom you are grateful. Let them know how special they are to you!	If it won't matter 5 years from now, don't waste 5 more minutes thinking about it. Follow this thinking today. 	Make today a new holiday. What will you celebrate?!	Pick a color that makes you feel calm, safe, & peaceful. Imagine you are surrounded and protected by an arc of this special color.	Choose a small object like a pebble/marble as a reminder to be thankful. Keep it with you and when you see it, pause to give thanks. 
Think of a struggle you are facing. Write down the positives that surround the struggle. 	Think of a song that you love. Play it and let your heart be filled with joy! Sing and Dance!	Take the Complaint Free Challenge! Absolutely no complaining whatsoever today!	Trace your hand and in the five fingers write down the 5 reasons you deserve a 'High Five'!	Today replace the words 'Have to' with 'Get to' and see how that changes things. 	Take a few Gratitude Breaths. Replace any worries, fears, or troubles with Gratitude. 	Add to your Gratitude List by writing 3 things you are grateful for in this moment.
People usually write 'Wish' lists. Today, make a 'Got' list. What do you already have to be grateful for? 	Pay it forward today. Do something kind for someone and watch the ripple effect!	Write down 5 reasons to be excited about the future. What can you look forward to?!	Take the Gratitude Challenge. Start each day giving thanks for something! Make gratitude a habit! 