

GRATITUDE

*for the*  
everyday  
things



Running water, sunlight, fresh air... this is a list of things I take for granted, but which (when I think about them) are actually incredible.

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GRATITUDE

*for*

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things  
you've always  
appreciated

*Looking back through your life, what are some of  
the things that you felt excitement, enthusiasm,  
or gratitude for when you were a child? A teenager?  
Can you remember three specific things that brought  
you incredible joy whenever they came into your life?*

...all you need to remember  
is what you love.

DIANE DI PRIMA

AGE:

WHAT I APPRECIATED:

*Can you find a way to  
incorporate one of these  
things into your week?*

*What happens when you do?*



Excerpted from *This is Gratitude: Activities to Help  
You See the Good That's All Around You*