

5 PLACES TO FIND GRATITUDE



Inside Your Home

Look around your house. The people and pets that live there with you. The inanimate objects that bring you joy. A special place inside your home. A meaningful object. What is inside your home that you are grateful for?



Out in the World

Look out your window. Pay attention to the weather. Notice something new on your walk. Admire the proof of the change of seasons. Find the light. What are you encountering out in the world that you are grateful for?



People You Love

Partners, spouses, children, parents, siblings, co-workers, friends, or strangers. Look at all the people in your life who you care about or who care about you. What about this relationship are you grateful for?



Use Your Senses

I smell. I taste. I touch. I see. I hear. Your senses help you experience life. Pay close attention to the input your body and mind receive throughout the day. What among these inputs can you find to be grateful for?



Look in the Mirror

Peek inside yourself. Not just your physical body and all that it can do for you, but your mental self, your emotional self. What are the talents or skills you possess that you are grateful for? What are the qualities you admire most about yourself? What does your body do for you that you are grateful for?



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