



Gratitude List

Use this menu to make your gratitude list. Put this list someplace prominent in your space and review it in the morning and at night before going to bed. Many of these things you may take for granted, not often appreciating that you have these things in your life, while many other people in the world are not as fortunate to have, for example, their own bed, or running water.

I get to eat several meals a day.

I always have a warm comfortable bed to sleep in.

I have a roof that doesn't leak.

Air conditioning in the summer and heat in the winter.

Family that loves me.

Friends.

Water for drinking and bathing.

Kitchen and refrigerator to keep and prepare food.

Pets?

Clothing.

Corrective lenses so I can see well.

Eyes, ears, nose, all my sensory systems that work.

A healthy body, hands, arms, legs, feet that carry me about and allow me to do so many things.

A brain that works well enough.

Educational opportunities so I can learn things that will enrich my life and earn my own living.

Clean air to breathe.

Favorite hobbies and pastimes.

Material goods, like phones, TV, and computers.



A sense of humor.

Trees, flowers, beautiful landscapes.

Music.

A mouth to taste and talk.

Today because you have been given it.

Weekends.

Internet.

Toilets.

Hot showers.

The strength to keep going.

Doctors.

Laughter.

Good memories.

Sunsets.

Learning to let go.

All the knowledge in my brain.

Freedom.

Being able to read this.

Sunrises and sunsets.

No physical pain.

A world of growing prosperity and tolerance for diversity.

The ability to learn and grow.



Electricity.

What else?

Challenge yourself to add one more thing to your list every day.