

Elevate your gratitude practice:
**101 Small Things To Be
Grateful For**



Do you want to practice gratitude regularly, but struggle to come up with things to be grateful for?

Have you been practicing for a while but feel as though you're running through the motions because you're always writing down the same things?

If so, you're not alone. Instead, you're experiencing a **very** common problem.

As you've no doubt found, it's pretty easy to be grateful for the big things in life - such as your health, your family, and your work. The challenge is, this list of big things soon becomes finite. As a result, your gratitude practice begins to feel stale... and you stop getting the promised results.

But when it comes to your gratitude practice, it's not the magnitude of the things you appreciate that's important. It's the depth.

Robert Brault says it best...

“Enjoy the little things, for one day you may look back and realise they were the big things.”

When your gratitude practice extends to incorporate the little and the ordinary, the floodgates of positivity blast open!

No longer are you limited.

Instead, you'll discover an infinite number of things to be grateful for. It's a shift in approach that can literally change your life by transforming the amount of goodness you consciously see every day.

In this way, gratitude allows you to put your happiness on a tap - inspiring you to unleash positivity and create a life you love.

You've got this.

Now let's get to the list... feel free to print out - and of course, add your own too.



101 Small Things To Be Grateful For

1. The feel of the sand/mud/grass between your toes.
2. The experience of the sun/wind on your cheeks.
3. The awe-inspiring beauty of a sunset.
4. The taste of the first cup of coffee in the morning.
5. The beauty of flower petals.
6. The magic of birds singing.
7. The flavor of your favorite food.
8. The knowledge you extract from a brilliant book.
9. A back rub.
10. The security of your partner's hands.
11. A child's smile.
12. The awesome feeling of a deep forward bend.
13. The healing power of a really deep breath.
14. The boost you get from your favorite song.
15. The love of your best friend.
16. An extra five minutes in bed!
17. Curling up in your favorite chair with your favorite book.
18. Finding a parking space with ease!
19. Access to safe water to drink.
20. The loose change you found on the floor.
21. An empty seat in your favorite coffee shop.
22. A good night's sleep.
23. A random act of kindness.
24. A conversation with a stranger.
25. The solution you were looking for.
26. A rainbow.
27. The spectrum of emotions you can express.
28. The feeling of being seen and heard for who you really are.
29. An incredible view.
30. The feeling of your heart pounding with excitement.
31. The release of a deep belly laugh.
32. A love letter.
33. The text message that made you feel valued.
34. A compliment.
35. A million shining stars on a pitch dark night.
36. The perfect shoulder to cry on.
37. A warm hat on a cold day.
38. Someone opening the door for you.

39. A long, hot, candlelit bath.
40. The elation of figuring out a problem - finally!
41. The social media post that said exactly what you needed to hear.
42. A pyjama day.
43. An offer to jump the line.
44. A deep conversation with someone you care about.
45. A long, lingering hug with someone you love.
46. An unexpected gift.
47. An out of the blue phone call from someone you've not heard from for ages.
48. Reminiscing about your childhood memories with your siblings or cousins.
49. The smell of homemade bread or cake.
50. The plane/train didn't leave yet - even though you were late!
51. That life-changing podcast.
52. Cell reception just when you need it!
53. Making the subway/underground before the door closes.
54. Your car started the first time.
55. The little win you notched up at work today.
56. The feeling of knowing you made a difference to someone.
57. The elation of stepping outside of your comfort zone - and winning!
58. Discovering that your body can do exactly what you needed it to do.
59. Finding an umbrella in your bag when you didn't expect rain.
60. Reminiscing over old family photos.
61. A long conversation with your parents.
62. Breakfast in bed prepared especially for you.
63. Receiving a bunch of hand-picked flowers.
64. The smell of your favorite perfume/cologne.
65. Learning something new.
66. The kindness of a co-worker.
67. Expressing your truth.
68. Your imagination and its ability to think of new ideas.
69. Being able to give advice to someone you care about.
70. Receiving the right advice and solving a problem.
71. Having a positive impact on someone else's life.
72. The song/poem/movie that moved you to tears.
73. The breathtaking beauty of nature.
74. Getting to your meeting/appointment on time.
75. Getting back in touch with an old friend/contact.
76. Praise from your boss/client/ family/friend.
77. Discovering a new favorite place on your doorstep.
78. Someone checking in to see if you're alright.

79. Winning the day!
80. Hearing your favorite song on the radio.
81. Making a new friend.
82. Meeting a kindred spirit in an unexpected place.
83. Helping a neighbor in need.
84. Hearing the words "I love you".
85. The feeling of knowing you CAN do it.
86. The feel-good sweat of a brilliant workout.
87. The feeling of your favorite sweater or jeans.
88. Date night!
89. Receiving a handmade gift.
90. A great hair day!
91. An unexpected gap in your day.
92. Doing absolutely nothing and feeling ZERO guilt at all.
93. The feeling of dancing as though no one is watching.
94. A cuddle with a pet.
95. The healing power of meditation.
96. The ability to be spontaneous.
97. Where you are right now [knowing it's exactly where you need to be].
98. The motivational force of your goals.
99. Your senses and all the incredible things they can detect.
100. The feeling of release after a really good cry.
101. Another beautiful day on planet earth :)

Space for your gratitude ideas

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