



# Finding Gratitude

by Lori Oberman, LMFT, HOPE Staff

MONTH _____		YEAR _____				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
START A GRATITUDE JOURNAL	FIND SOMETHING OUTSIDE YOU ENJOY LOOKING AT	CALL A FRIEND YOU HAVE NOT SPOKEN TO RECENTLY	FIND SOMETHING THAT TASTES GOOD AND WRITE ABOUT IT	TAKE A WALK OUTSIDE AND ENJOY THE BEAUTY	BE WITH AN ANIMAL YOU LOVE	GO OUTSIDE AND FIND A COMFORTING SOUND
FIND SOMETHING THAT MAKES YOU LAUGH	DO SOMETHING KIND FOR YOURSELF	EMAIL A FRIEND YOU HAVE NOT CORRESPONDED WITH IN A WHILE	WEAR YOUR FAVORITE COLOR	SING OR HUM OUT LOUD!	DONATE FOOD TO A SHELTER	SPEND TIME WITH YOUR FAMILY
DONATE OLD CLOTHES YOU DO NOT WEAR	DRAW A PICTURE OF HOW YOU ARE FEELING	TEXT SOMEONE A KIND THOUGHT	LISTEN TO YOUR FAVORITE SONG	LIST THREE REASONS WHY YOU LIKE YOURSELF	WRITE ABOUT YOUR FAVORITE DAY	WATCH YOUR FAVORITE MOVIE
BAKE SOMETHING YUMMY	SMILE AT A STRANGER	WRITE A HANDWRITTEN NOTE TO SOMEONE	MAKE A COLLAGE OUT OF PICTURES YOU LOVE	VISIT SOMEONE YOU HAVEN'T SEEN IN A WHILE	GO TO THE BEACH	TAKE A WALK
MEET A NEW FRIEND	WRITE A THANK YOU NOTE TO SOMEONE YOU APPRECIATE	THINK OF A CREATIVE WAY TO PAY IT FORWARD	COMPLETE ONE ACT OF KINDNESS	GIVE A SMALL GIFT TO SOMEONE FOR NO REASON	LISTEN TO MUSIC THAT MAKES YOU DANCE	THANK YOUR AMAZING HEART
FIND A NEW HOBBY OR REVISIT AN OLD ONE	HUG A TREE AND SMELL A FLOWER	REACH OUT TO A NEW GRIEVER	PLANT IN YOUR GARDEN	PLAY OR LEARN A NEW BOARD GAME	GO ON AN ADVENTURE	READ YOUR GRATITUDE JOURNAL AND CELEBRATE!

*“This a wonderful day. I’ve never seen this one before.” — Maya Angelou*

*“When you are grateful, fear disappears and abundance appears.” — Anthony Robbins*

*“When I started counting my blessings, my whole life turned around.” — Willie Nelson*

*“Enjoy the little things, for one day you may look back and realize they were the big things.” — Robert Brault*

*“If you want to turn your life around, try thankfulness. It will change your life mightily.” — Gerald Good*

*“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” — Melody Beattie*

*“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” — Albert Schweitzer*