



# 100 Things I am Grateful For ...

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SET ASIDE SOME TIME FOR QUIET. REFLECT AND REMEMBER THE BLESSINGS OF THIS YEAR. CELEBRATE THEM, WRITE THEM DOWN.

TAKE DEEP BREATHS AS YOU NOTICE ALL THE GOOD THAT SURROUNDS YOU EVERY DAY.

FRESH WATER, PAVED ROADS, GOOD FRIENDS, DELICIOUS FOOD. LOVE.

WE ARE GOING TO MAKE A LIST OF 100 THINGS WE ARE GRATEFUL FOR. I DO THIS EVERY YEAR AT THANKSGIVING AND IT IS ONE OF MY FAVORITE PERSONAL RITUALS. BY NUMBER 57 YOU ARE GIVING THANKS FOR THINGS LIKE THE YOUR FAVORITE ROMANTIC COMEDY THE FEEL OF CASHMERE ON YOUR SKIN.

Put on some *Inspiring Music*  
Sit quietly and think about your year.  
Some huge amazing things may have happened. Some tiny but unforgettable things may have happened. List it all.  
From the Love of Your Life to Your Favorite Nail Polish Color. (Sunday Funday is mine.)

### HOW TO CELEBRATE GRATITUDE WITH THE 100 THINGS LIST

- SET ASIDE ABOUT AN HOUR.
- PRINT THIS OUT SO YOU CAN WRITE BY HAND. THERE IS SOMETHING ABOUT THE HAND'S CONNECTION TO THE HEART THAT MAKES WRITING THE OLD FASHIONED WAY - WITH A PEN - A SOULFUL EXPERIENCE.
- I MADE A SPECIAL PLAY LIST OF INSPIRING SONGS (MOST OF WHICH YOU PROBABLY NEVER HEARD BEFORE) TO "SET THE MOOD" FOR INSPIRATION, DELIGHT AND THANKSGIVING.
- TURN ON YOUR COMPUTER AND CLICK THE LINK TO GO TO YOUTUBE SO THE MUSIC IS PLAYING AS YOU PONDER AND CELEBRATE YOUR YEAR.
- WRITE. ANYTHING YOU CAN THINK OF. IN NO PARTICULAR ORDER. PIZZA CAN GO NEXT TO YOUR GRANDMOTHER'S SMILE. PAVED ROADS CAN COME BEFORE DELICIOUS BED SHEETS. JUST WRITE WHATEVER COMES AND KEEP WRITING UNTIL YOU GET TO 100.

### THANKSGIVING MUSIC - PLAYLIST ON YOUTUBE

"GRATITUDE UNLOCKS THE FULLNESS OF LIFE. IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS INTO ORDER, CONFUSION INTO CLARITY...IT TURNS PROBLEMS INTO GIFTS, FAILURES INTO SUCCESS, THE

UNEXPECTED INTO PERFECT TIMING, AND MISTAKES INTO IMPORTANT EVENTS. GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY AND CREATES A VISION FOR TOMORROW.” – MELODY BEATTIE

I AM SO HAPPY AND GRATEFUL FOR...

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"IN THE END, THOUGH, MAYBE WE MUST ALL GIVE UP TRYING TO PAY BACK THE PEOPLE IN THIS WORLD WHO SUSTAIN OUR LIVES. IN THE END, MAYBE IT'S WISER TO SURRENDER BEFORE THE MIRACULOUS SCOPE OF HUMAN GENEROSITY AND TO JUST KEEP SAYING THANK YOU, FOREVER AND SINCERELY, FOR AS LONG AS WE HAVE VOICES." – ELIZABETH GILBERT (EAT, PRAY, LOVE)

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"EVERY TIME WE REMEMBER TO SAY "THANK YOU", WE EXPERIENCE NOTHING LESS THAN HEAVEN ON EARTH." – SARAH BAN BREATHNACH

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100 Things I am Grateful For ...  
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*100 Things I am Grateful For ...*

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"YOU SIMPLY WILL NOT BE THE SAME PERSON TWO MONTHS FROM NOW AFTER CONSCIOUSLY GIVING THANKS EACH DAY FOR THE ABUNDANCE THAT EXISTS IN YOUR LIFE. AND YOU WILL HAVE SET IN MOTION AN ANCIENT SPIRITUAL LAW: THE MORE YOU HAVE AND ARE GRATEFUL FOR, THE MORE WILL BE GIVEN YOU." — SARAH BAN BREATHNACH

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"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE. IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE, YOU WILL NEVER, EVER HAVE ENOUGH." - OPRAH WINFREY

### 10 THINGS I AM GRATEFUL FOR IN ADVANCE

FOR SUPER BONUS EXTRA CREDIT POINTS. DARE TO DREAM. SMALL DREAMS & BIG DREAMS ALL BEGIN WITH A WISH AND CAN BE FUELED WITH GRATITUDE, ACTION AND GRACE. WHAT WOULD YOU LIKE TO EXPERIENCE NEXT? WHO WOULD YOU LIKE TO BE? WHAT WOULD YOU LIKE TO OWN? WHERE WOULD YOU LIKE TO GO? BEGIN THE JOURNEY TO THOSE EXPERIENCES BY GIVING THANKS.

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*I AM SO HAPPY AND GRATEFUL FOR ALL THESE BLESSINGS!*



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