

Gratitude Checklist

FROM THE WAY OF GRATITUDE

- Embrace simplicity with what you already have.
- Focus on the good without ignoring the bad.
- Believe your life is full of things to be grateful for.
- Be proud of yourself for who you are.
- Don't overthink it - really, just say "thank you."
- Begin each day with gratitude.
- Remember when you've felt gratitude before.
- Pray for a perspective of gratefulness.
- Forgive, forget, and let something go.
- Get creative with how you show gratitude.

ADDITIONAL RESOURCES AVAILABLE AT
WWW.HANNAHROWENFRY.COM

