

## 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.

