



Everyday Grace

20 SIMPLE WAYS TO ENERGIZE YOUR LIFE WITH THE AMAZING POWER OF GRATITUDE

Gratitude is most simply defined as thankfulness. It's the appreciation of what is valuable and meaningful to oneself.

But gratitude is more than words; it's a feeling, a state of appreciation. And, gratitude is good for you! Studies prove that *expressing* gratitude leads to an overall sense of wellbeing, better health, more connection in relationships, and feeling more satisfied with life.

Like brushing our teeth or making our bed every morning, expressing *and experiencing* gratitude can become a daily, lifelong habit. In this e-book you'll find 20 super simple ways to incorporate more gratitude into your life. I've broken them down into four categories:

- ≈ In writing—practicing gratitude with words, paper and pen (or keyboard);
- ≈ In nature—connecting with the world in a new way;
- ≈ In daily life—incorporating gratitude into things you do every day; and
- ≈ In simplicity—finding gratitude in simple things.

I've included a page for reflection at the end; print this page and complete it after you've read through this e-book. Gratitude is something we can do anytime, anywhere. It costs nothing, yet yields tremendous rewards. Use these ideas however they fit best in your life, and you'll no doubt find new ways to be thankful—and thrive.

With gratitude for you,

Deanne



Hi! I'm Deanne Marie—attorney, blogger, and everyday goddess. I'm here to make life, holidays, and home decorating a little easier and a lot more joyful and beautiful.

www.AnEverydayGoddess.com

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IN WRITING

Finding gratitude and appreciation is the key to resilience. People who take the time to list things they are grateful for are happier and healthier.

Sheryl Sandberg, Former COO, Facebook

IN WRITING

This is where most people, including me, start their gratitude practice: with a notebook and a pen. Simply write down a few things you're grateful for each day. If you forget, that's okay. Start again the next day. There's no wrong way to feel grateful for life.

01

Write a thank-you note a week or a month. Most of us have a backlog of people we've been meaning to write a thank-you note to for gifts, gestures, or favors.

02

Keep a daily gratitude journal. Make it part of your morning or evening routine. To make it special, find a pretty notebook and keep it next to your bed.

03

Post a "thinking of you/thanks for being my friend" message on a friend's social media page.

04

Sign up and use the public journal on www.thnx4.org. It's a project of UC Berkeley's [Greater Good Science Center](#),

05

Write down one thing a day or a week that you are grateful for and put it in a mason jar. Open the jar on New Year's Eve, read all of your slips of paper and appreciate the abundance of blessings in your life.



IN NATURE

*If you want a rainbow, sometimes
you gotta put up with the rain.*

Dolly Parton, Entertainer

IN NATURE

I realize some of these might feel funny at first, but just give it a try the next time you're out for a walk or a hike. Whether silent or spoken, expressing gratitude for the natural world around us helps connect with something beyond ourselves, and reminds we are part of something bigger.

06

Thank the birds for serenading you with their song.

07

Thank the flowers for their color, beauty and fragrance.

08

Thank the trees for their shade, especially on a hot summer day.

09

Thank the rising sun for warming the day, or the rain for creating a rainbow.

10

Thank the rabbit or squirrel who comes into your yard, or the bird who flies onto your patio, for its visit.



IN DAILY LIFE

*Appreciation can change a day, even
change a life. Your willingness to put it into
words is all that is necessary.*

Margaret Cousins, Suffragist

IN DAILY LIFE

*I first learned to contemplate and appreciate the thousands of people who contribute to my daily life while reading *The Art of Happiness by His Holiness The Dalai Lama*. Whether we're conscious of it or not, we all depend on countless people contributing to everything from the food we eat to the clothes we wear, the toilets we flush and the beds we sleep in. Countless opportunities for gratitude are everywhere.*

11

At the grocery store, silently thank everyone who makes the products on your shopping list possible, from the farmer, to the truck driver, to the store stock person.

12

Say grace before meals. It's a simple way to acknowledge the abundance on your table and in your life.

13

In traffic, wave to someone who lets you in—and bless someone who doesn't!

14

Put things to use! Use your grandmother's candy dish or your mom's candlesticks. It's a way of thanking them for their legacy and impact on your life, and brings them closer.

15

When donating an item to charity, thank it for the use it provided you, and send it along to new owner.



IN SIMPLICITY

*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, Media Personality

IN SIMPLICITY

When you're having a bad day/week/month/year, it's so easy to be consumed by anger, shame, regret, and any number of similarly negative emotions. Believe me, I've been there! Here is where gratitude can work its quiet wonder. Even when you think you have nothing, or you're feeling like a complete flop, there is still something (many things!) to be grateful for. Gratitude for the simple things can be the most sublime.

16

When you come home, pause as you're unlocking the door to quietly acknowledge and thank your home for providing you and your family shelter.

17

Sometime during the day, stop and notice what you're seeing, hearing, touching, or tasting and savor the moment—and thank your senses.

18

When you wake up in the morning, really feel grateful for being alive today. Hundreds of thousands of people did not wake up today, but you did!

19

Stop for a moment and appreciate simple things, like running water, a good Internet connection, and transportation, that we take for granted.

20

When you find a penny on the ground, look up and say “thank you!” to the universe.



REFLECTION

*Sometimes, you have to look back in order to
understand the things that lie ahead.*

Yvonne Woon, Novelist

REFLECTION

Now that you've seen 20 simple ways to express gratitude every day, take some time to reflect on what you've read and how you can implement a daily gratitude practice. You can do this!

What are three ideas that sparked your interest? Why?

What feels like the easiest way to start a daily gratitude practice?

What are some challenges you might anticipate? How can you overcome those?

What are three action steps you can take NOW to start your daily gratitude practice?
