

CRAZY-GOOD GRATITUDE GUIDE

21 THOUGHTS TO BUILD A LIFE OF GRATITUDE

MODERN MEDICINE	LONGER & MORE MEANINGFUL, COMFORTABLE LIVES
TECHNOLOGY	IMMEDIATE CONNECTION WITH LOVED ONES ANY TIME WE WANT
OPTIMISM	REMINDER THAT HOPE RESIDES IN ANY OF LIFE'S CHALLENGES
DIFFICULTIES	APPRECIATION FOR THE MULTITUDE OF GOOD THINGS IN OUR LIVES
TRAVELING	ABILITY TO SEE & LEARN ABOUT OTHER CULTURES & WAYS OF LIVING
FREEDOM	CHOICES AS TO HOW WE PURSUE HAPPINESS IN THIS LIFETIME
WISDOM	ABILITY TO BASE FUTURE DECISIONS ON PAST EXPERIENCES
EMOTIONS	INCENTIVE TO APPRECIATE LIFE OR CHANGE THE WORLD
TRADITIONS	SENSE OF COMFORT & BELONGING IN AN ENORMOUS WORLD
PETS	POSITIVE ENERGY & UNCONDITIONAL LOVE
KINDNESS OF OTHERS	REMINDER THAT GOODNESS REMAINS IN AN EVER-DARKENING WORLD
CLEAN WATER	BETTER BRAIN FUNCTION & ENERGY LEVELS WITH CONSUMPTION
COMPANIONSHIP	SENSE OF BELONGING WITH FAMILY & FRIENDS
HUGS	BONDING & SOCIAL CONNECTION WITH THOSE WE CARE ABOUT
DIVERSITY	ACCESS TO DIFFERENT PERSPECTIVES & GREATER INNOVATION
EMPLOYMENT	SOURCE OF INCOME & DAILY SENSE OF PURPOSE
SOCIAL MEDIA	CONNECTIONS TO OUR PAST & PATHS FOR FUTURE CONNECTIONS
FORGIVENESS	HEALTHIER RELATIONSHIPS & IMPROVED MENTAL HEALTH
LAUGHTER	POSITIVE INTERACTIONS WITH THOSE WE ENCOUNTER
REJECTION	HUMILITY & INSPIRATION TO TAKE NEW PATHS
EDUCATION	OPPORTUNITY TO GROW & CONTRIBUTE CREATIVITY & INNOVATION



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