

# CRAZY-GOOD GRATITUDE GUIDE

21 THOUGHTS TO BUILD A LIFE OF GRATITUDE

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



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