

STORIES & HEART

GRATEFULNESS FILE

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GRATEFULNESS FILE



Here's an easy way to start your Gratefulness File. List whatever blessings there are in your life. It's sometimes easier to think about it categorically as outlined below. I fashioned this after my grandmother's old recipe file box, as I believe this is a recipe for happiness.

Get down in the details. Are you grateful you can breathe without thinking about it? Are you happy you have fingers, eyes, a heart? Do you have access to food and clean water? Can you read and write? Are there people in your life who love you? Did you sleep in a warm bed last night? Did the sun rise this morning? Once you get started, it should be powerful and overwhelming how much good is in your life.

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