



Gratitude is the path
that leads to

Joy!



an unexpected compliment	a lazy afternoon	spending time with pets	chatting with a friend	finding the silver lining
dependable transportation	Free _____ _____ _____	a whiff of a favorite smell	a quiet walk at sunset	unplugging & unwinding
finding the first star in the night sky	something taken for granted	hitting the green lights in traffic	a deep breath & a big stretch	time spent with family & friends
reading a good book	an uninterrupted conversation	successfully finishing a hard thing	keeping a promise	_____ _____ _____ Free
no line at the checkout	a warm bed & roof overhead	Free _____ _____ _____	connecting with nature	cheering on a loved one
food on the table	the first sip of a favorite drink	clean clothes	watching a movie	a random act of kindness

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