

21 DAYS OF GUIDED

GRATITUDE

*What if this gratitude workbook
contributes you to become more mindful
and more conscious?*

*What if the things we are not thankful for,
are the things contributing us the most in
our life?*

*What if we can develop a mindful attitude
of gratitude for creating everything good,
bad and ugly in our life?*

*What if this awakened awareness leads us
to invite enriching possibilities for us, the
Earth and the Universe?*

DAY 1



Q. What 10 things in nature are you grateful for?



DAY 2



Q. What 5-10 books are you grateful for
and why?



DAY 3




Q. What 5 material possession are you most grateful for and why ?



DAY 4



Q. What 10 experiences (good, bad, ugly) are you grateful for?



DAY 5



Q. What 5 animals are you most grateful for and why?



DAY 6



Q. Which 3 teachers are you grateful for
and why?



DAY 7



Q. In what 10 ways are you grateful for your parents?



DAY 8




Q. What 5 movies are you grateful for
and why?



DAY 9




Q. For what 10 scents is your nose grateful for?



DAY 10



Q. In what 15 ways are you grateful for your body ?



DAY 11



Q. What 15 things in your city are you grateful for?



DAY 12



Q. What 10 qualities of YOU are you grateful for?



DAY 13



Q. For what 10 foods is your tongue grateful for?



DAY 14



Q. What 10 activities are you grateful for that brighten you up with Joy?



DAY 15



Q. What 10 songs are you grateful for ?

A large, empty, light green rounded rectangular area intended for writing the answer to the question.

DAY 16



Q. Who are the 10 people in your life you feel most grateful for?



DAY 17



Q. What 5 uncommon/weird qualities of yours can you be very grateful for?



DAY 18



Q. What insights have you gained in life that you are grateful for?



DAY 19



Q. What 5 skills of yours are you grateful for?



DAY 20




Q. What habits of yours are you grateful for?



DAY 21



Q. What 10 things can you start from today that your future-self will be grateful for?



THANK YOU