

Blessings / Gratitude Checklist

I am grateful for...

Being alive
Being happy most of the time
Being silly
Challenges that help me grow
Finding creative solutions
Helping people
Looking on the bright side
Making people laugh

Some Personal Blessings:

A mind that helps me understand and connect with others
Feet that connect me to the earth
My Breath
My Education
My Eye sight
My Health
My Hearing
My Job (or Volunteer work)
My Taste buds
The ability to communicate

Movement:

Exercising
Swimming
Walks in the park

Nature:

Cool breezes
Fluffy little clouds
Moonlight and Starry Nights
Plants, Flowers and Trees
Rainbows and Warm Rain
Rivers, streams, Mountains
Sunshine, Sunsets, Sunrises
The Beach and the Ocean
The Change of Seasons
Waterfalls

People / Living Things:

Good Conversations
My family and relatives
My friends
My furry friends
My mentors
My online community
My teachers

Oprah, Disney, Mr. Rogers, Gandhi & more
People who have made a positive impact in my life
Playing with a child
The look of love in my pet's eyes
Wonderful Partners

Sensory Favorites:

Chocolate
Cookies, Cupcakes, Cheese Cake
Fancy cheese
Home Cooked Meals
Hot showers
Ice cream
Music of all kinds is easily available
Picnics in the Park
Pizza
Plenty of food to eat

Special Treats:

A good night's sleep
A Hobby I love
Bright colors and beautiful Art
Candle light
Cat naps
Epiphanies
Funny stories
Good books
Good memories
Laughter
Learning new things
My creative outlets
My Spiritual Life
Opportunities I've been given
Road trips
Seeing beauty everywhere
Sweet Dreams
The freedoms we have

Some Stuff I Appreciate:

24-Hour Restaurants
A washer and dryer in my home
Clothes on my back
Clothes that make me feel fabulous
Dollar Stores
Holiday Decorations
My car, van or truck
My dishwasher
My home
Rocking Chairs and Swings

Soft bedding
Movies and Great TV shows
Spellcheck
Technology that connects me to the world
Air conditioning
Clean drinking water
Flushable toilets and toilet paper
Living in a relatively safe country
Peace and quiet

Miscellaneous:
Good Hair Days
Long Weekends