

FINDING THE GRATITUDE ATTITUDE

100 Little Things to be Grateful for



Embracing the Gratitude – 100 Little Things to be Grateful for

Compiled by You – our followers!

Here at Purple Pebble People we love to focus on what will cast out positive ripples into the world (hence the word Pebble in our name) and we truly believe that gratitude and appreciation forms a huge part of that intention.

The practice of gratitude opens our hearts and minds to experiencing more positive emotions and experiences. This can help us feel more connected, sleep better, place more compassion and kindness to the world around us, and there is some evidence that it even creates improved health in our immune system too. Do it as you rise. Do it as you fall asleep. Do it throughout the day to really get the practice into your daily routine. Basically there is always time for gratitude.

If you already enjoy the regular practice of gratitude or would like to, you may, on some occasions, find it tricky to bring to mind things that you are grateful for.

Thanks to you, we can help!! Here are 100 Little Things to be Grateful for...and we are certain you could find more.... We are **grateful** to you for sending in your suggestions.

Can you spot your contribution?

Which of these are you grateful to read?

Find a moment, take a nourishing breath and enjoy reading through the list!

100 Little Things to be Grateful for

1. Sunshine on my face
2. Cuddles from my daughter, from my son
3. The unconditional love of my pet
4. Being able to phone people and make them smile
5. Having neighbours who make a difference
6. Making a difference right back to my neighbours
7. Tinned tomatoes
8. My bird friends in the garden, especially the robin who tells me if I need to put more seeds out
9. My child's smile and laughter
10. Podcasts
11. Listening to music with the volume up
12. Tuning into the peace and quiet
13. Playing games with my family
14. Art and art and more art
15. Having friends who care and make the effort to get in touch
16. The smell of the hawthorn flowers
17. Live gigs on over social media



18. Social media that enables us to stay connected
19. Opportunities to play in the garden with my children
20. My sister, my brother
21. The freedom to walk with my dog
22. Feeling the warmth of the sun on my body
23. The invention of wine
24. The smell of plants too numerous to mention on my daily walk
25. My daily run, and for my legs that take me on my daily run, and for a safe place to go on my daily run
26. Bright days
27. A shoulder to cry on
28. Long evenings
29. Dry days to enjoy good weather
30. Rain to nourish my garden
31. Sitting in a comfy chair
32. The opportunity to lie in a lovely bed at night (or even during the day)
33. Outdoor spaces
34. The extra-loud bird song we are hearing now other noises are quietened
35. Fresh air
36. Technology to help us stay in touch with loved ones
37. Simply having time
38. Time to read
39. Time to learn
40. Time to be with my close family
41. Time to practice my yoga and for time to finally start teaching yoga
42. Fabulous friends to laugh and love with
43. My amazing family
44. My health
45. My strength
46. My lovely home
47. The countryside and for the cities
48. The support of a team
49. Coffee outside listening to the birds in the morning
50. My evening 'drink' lazing in a bubble bath
51. Bubble baths
52. Pyjama Duvet days
53. Plants
54. Natures new chance
55. The visit by a large Bumblebee visit my garden. It's about FOUR times the size of a normal bumblebee, so it's a Mega-Bee. Although it's relatively BIG for a bee it's still quite small so hopefully qualifies for the list of small things – Paul it did!
56. Time to read new books and explore their teachings
57. My husband who has long arms which give great bear hugs
58. Bird song, the sound that starts at 5am and comes in waves throughout the day
59. Sunrise
60. Sunset
61. Beautiful bursting forth of flowers and colour
62. Venus – it's been shining so bright for weeks now
63. Toilet rolls!!!



64. My clients ... the people who are struggling, staying strong, those who are honest, open, vulnerable and allow me to help
65. Clean drinking water
66. Music I can sing along to
67. Music I can take with me on my walks
68. Twinkly lights
69. Unexpected gift
70. Not setting a wake-up alarm
71. Waking up naturally
72. Good food to eat and enjoy
73. Books that help me grow my knowledge and my imagination
74. Internet that gives me links to knowledge people and so much more
75. Sound of laughter
76. Being free
77. All those who make fabulous music
78. Imagination
79. My curiosity
80. Date night
81. Food in my belly
82. A roof over my head
83. Chocolate - in all its Forms
84. Light
85. Connection - new and old
86. Wisdom that surrounds me
87. Wisdom that is inside of me
88. Healing time during mediation
89. My voice
90. My ears
91. My eyes
92. Warm sunny beaches
93. Crisp Autumn days
94. The first fall of deep snow
95. A warming cup of tea to snuggle down with
96. Sand on my toes and sea on my skin
97. Eating outdoors
98. Log fires
99. Being the first up in the house and having time to myself
100. Rainbows

Space For your own gratitude thoughts...

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