





Welcome to the Gratitude Train Devotional

You've heard of the Love Train, the Soul Train, and the Underground Railroad. Now, you've arrived at the Gratitude Train, with 40 prompts to inspire and invite you to reflect on gratitude in a new way.

Why 40 days? In sacred texts of many traditions, 40 signifies transformation, new life, and new growth. Perhaps it's merely a transition from one great task to another, or it represents a change of season of life to another.

According to John 5, a disabled man waited at the Pool of Bethesda for 38 years. Perhaps the man required nearly 40 years before he was ready to **become** who he needed to be to have what he wanted.

Buddhist tradition states that Prince Siddhartha, who later became the Buddha, meditated under the Bodhi tree for 40 days before enlightenment.

Muhammed was 40 and received the call to become a prophet, and the Quran was revealed to him.

The Israelites languished for 40 days and nights. Jesus and Moses fasted for 40 days, and Noah saw 40 days and 40 nights of rainfall.

I hope 40 days of grateful contemplation and acknowledgment will welcome a unique transformation for you and improve your well-being.

Fireflies. Lightning bugs

Delight in your memories.

Think back...

Was there some small creature you
loved as a child?

What did you call it?

Roly-poly or Potatoe bug? Firefly or
Lightning bug?

Think back...

and allow yourself to revel in the
delight of juvenile curiosity.



Did you try to capture your tiny friends or merely watch them from afar? What did you learn?

I have always marveled that delight cannot be captured or contained.

Recall some interaction with nature and record your gratitude.



Photo by
Camilo Jimenez

Let your heart soften.

Reclaim your tenderness

I have been angry, and people I love have hurt me. It is hard in those moments.

In a flash, giggles switch to bruises.

The love seems lost.

It is at that moment opportunity lives.

We can decide.

We could lean into the hurt, protect our tender bellies, and go deep into our shells.

We could weaponize our words and lash out and hurt.

Love wins when we soften our hearts.

Where can we scrape the crust of resentment away?

Where can we let our armor fall?

Today, let's practice letting things slide.

Today, you don't have to be right; maybe today, you can be love.

Today, record a moment when someone offered you grace.

Having a gratitude practice can improve your mental and physical health. What is it to have a gratitude practice? What does it look like to live in Gratitude?

Gratitude is acknowledgment.

Having a gratitude practice means that rather than waiting for something to happen to appreciate, we live in a grateful state. We bend toward gratitude and look for the good in every situation and condition. It means we notice. We decide to generate gratitude.

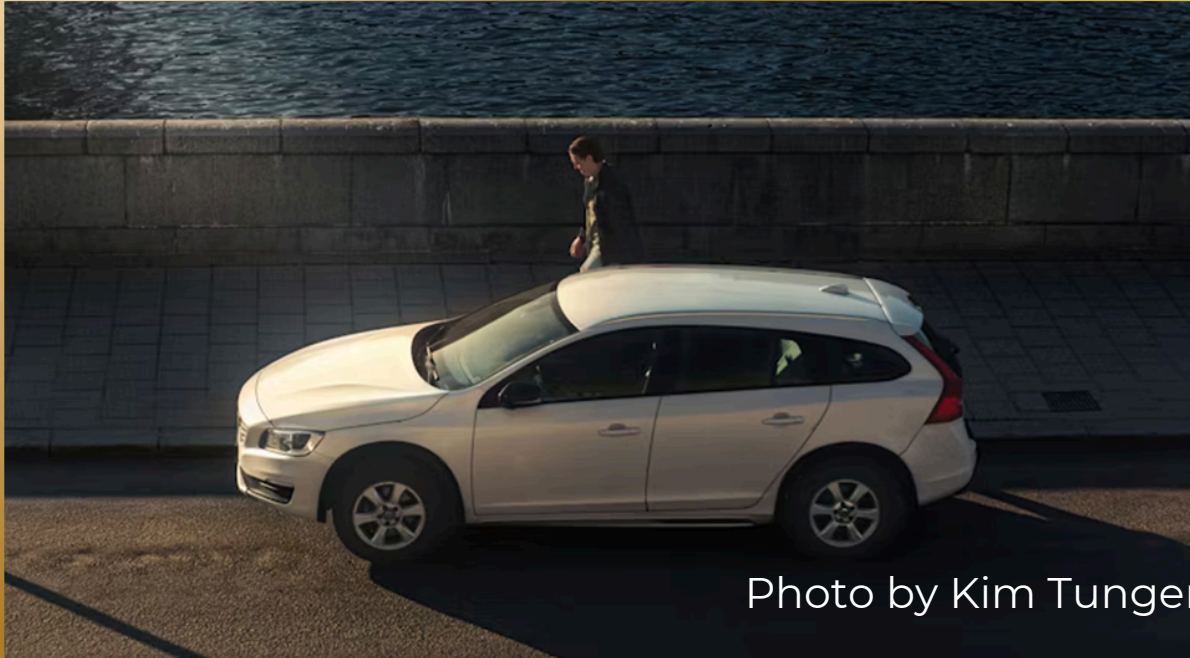
It's pausing to notice those things that make a difference.

I recently heard the author Ernest J. Gaines interviewed on the "What it Takes" podcast. The interviewer asked about him becoming a writer. He spoke of many influences: his parents, his aunt, and the elders on the farm where he lived as a child. Then he mentioned the library.



He said he used an Andrew Carnegie Library in Vallejo, California. He specified that he used a Carnegie Library. Attribution is an important aspect of gratitude. His specificity was an act of grace and appreciation.

Mr. Carnegie came to the United States as a poor child from Scotland but died as one of the wealthiest men in the world. Many people focus on his wealth, but I appreciate his service. His greatest influence was the \$60 million he donated to the support of the public library system. The ripple of his gift is eternal; he educated and touched many lives. In the age of Google, it's easy to forget about the impact of libraries, but getting lost in the pages of a book or the stacks of a library will never be replaced by instant access to electronic books.



Today, I heard about a taxi driver at the end of his shift, when he picked up a passenger with an unusual destination. The driver looked at his GPS device and noted that it was a bridge frequently used for suicide. He engaged the person in conversation and listened. He learned that the man had recently been diagnosed with brain cancer and was very afraid.

The driver decided he needed help and subtly enlisted a toll booth worker who directed him to wait in another location. The driver drove them to the safe waiting area. The driver asked the man to take a photo, and they took a selfie together. He told the man he would pray for him with the picture as a focal point and called 911.

The passenger left his car, but the police successfully saved the man.

Today, I am grateful for the folks who listen, care, and act even when it's inconvenient. They act even when they're unsure.

This cab driver responded, and I appreciated him and that he shared his story.

Was there something you heard in the news that warmed your heart? If so, make a note of it and be grateful.

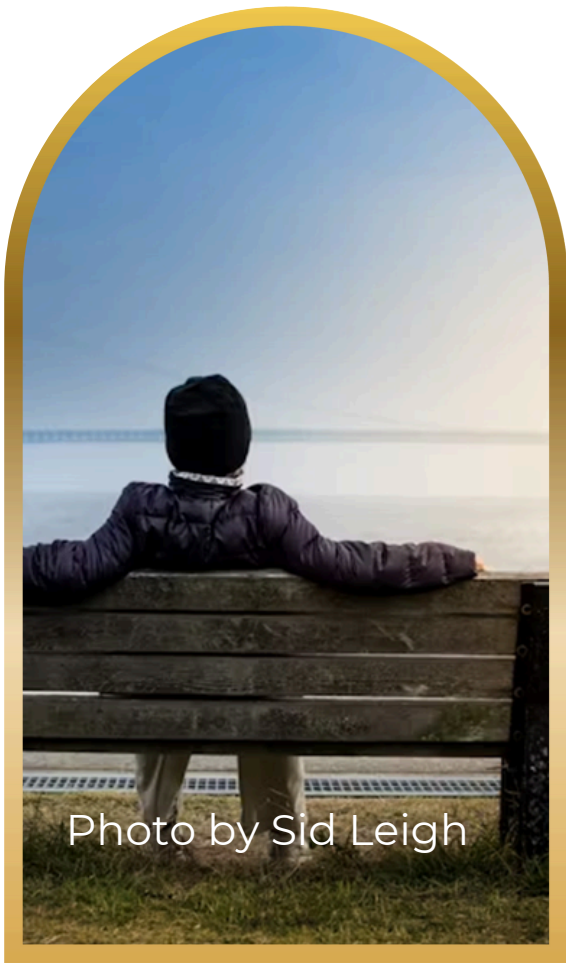


Photo by Sid Leigh

Sometimes,

when we have a negative experience, it can feel as though it will never end.

Remember the truth.

Nothing is permanent, no matter how difficult a situation might seem at this instant.

The feeling that we are experiencing will not last forever. We have the power to remind ourselves of healthy ways to comfort ourselves.

We can stop and take a breath. Mindful breathing is breathing with awareness, and it is quite helpful.

Be kind to yourself and choose to stop and breathe.

Four cleansing breaths are usually enough to calm us down in times of stress. They are easy to do and always available.

Try this four times.

Take a deep breath in, filling your lungs to the count of four.

Then, hold it to the count of four.

Then, release it and exhale to the count of four.

Remember to repeat the exercise four times.

Concentrate on your breath and direct your thoughts only to the breath. Notice the air passing through your nostrils and moving to your lungs.

Observe the rise and fall of your chest.

Notice your breath and be grateful.

Record your observations in your journal.



Photo by Frank Mckenr

In the theatre.

there is something called appearance applause. When an actor makes their first appearance in a production, sometimes the audience will express their appreciation for the player's talent and career by applauding just because they have entered the scene. It's a nice gesture.

I was driving on a busy downtown street recently, and I saw an elderly woman jump for joy when she saw the city bus drive arrive. She had a huge grin on her face. She clapped her hands and jumped in the air. It was adorable, and she made me wonder about the story behind her joy. Did her favorite driver appear? Had she been waiting a long time? Why was she so happy to see a regular old bus?

In the end, it didn't matter. Her gratitude and joy were infectious, and she was a great start to my morning.

When was the last time the joy of someone else brought a smile to your face?

Note your gratitude below.



Photo by Karen Maes

I am thankful

for sweet memories. My earliest childhood memory is running under my parents' BIG bed sheets while they folded them on laundry day. It was my favorite thing to do for many years. I would dash under the sheets with my arms in the air. My mom and dad would stretch the sheets across the room and from each other. They come together at the half and fold. They would kiss, and I would squeal and squeeze between them. It was a silly, fun activity that we did weekly, and I loved it!

Do you have a sweet memory from childhood?
Are freshly laundered sheets a pleasant memory for you?

Ponder and record your gratitude below.

Generating gratitude creates a joyful life. As you go through your daily activities, feeling and expressing thankfulness will become your natural state. There are exercises you can do to build that grateful muscle. Today, let's write a gratitude letter.



Photo by Sandra Seitama

First, decide whom you want to write to and address them directly as you would in any letter. Keep the tone conversational, and don't become overly concerned about spelling or grammar. The emphasis should be on the feeling you are experiencing and want to share.

Next, remind them of what they did to impact your life. Be specific. Tell them how it has affected you. Update them with news of your life and how often you think of the person.

Plan an in-person visit to share the letter with the individual. If face-to-face is not an option, schedule a Skype or phone chat. Once you're together, let them know you want to share your gratitude.

Take your time reading the letter to them and try to read it without interruptions. Wait to hear their reaction and share the impact of the moment. Leave the letter with them.

Researchers have found that this exercise helps. The impact lasted about one month. To maintain the benefit, we should do this exercise every six weeks. We need to keep working on that gratitude muscle.

We were at a party last week, and my dad raised his hand. My sisters and I had a mini celebration. It may not seem like a big deal, but it is. Six years ago, my father suffered a major stroke, and the doctors predicted the worst. He will never enjoy another meal again. He will never speak again.

He won't this, that...blah, blah, blah. I am part of a community of fierce women who draw their power from a higher source. They rallied around my dad, me, and my family to provide support. Now, my father continues to enjoy time with his family. His cognitive function is improving. If you dissect that movement, it's fantastic.

When he raised his hand, we were playing a Jeopardy-type game, and he raised his hand in response to the question. That means that he heard and understood the question. He processed the question. He formulated an answer. He decided to answer it. He decided to raise his hand. Then he raised his hand. He was the first to raise his hand with the correct answer.



Photo by Zhang Kaiyin

This is what it looks like to practice gratitude. Noticing what you're noticing. Our brains and bodies are wondrous creations. Appreciate all the people who have come before you to pour life into you and your family. Note your gratitude in your journal.

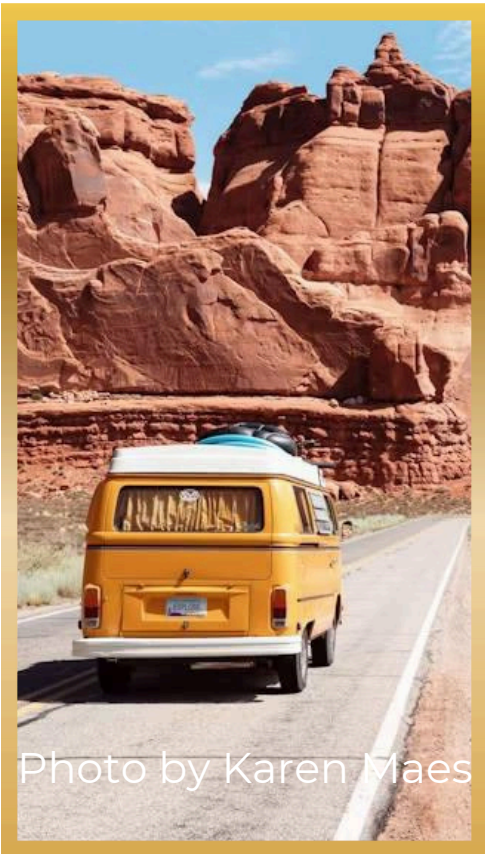


Photo by Karen Maes

When was the last time

you did something for the first time? Celebrating our wins is an integral part of our gratitude practice. As we age, it is easy to get into a routine. Stability and regularity are good, and they are something that we naturally crave; however, it is essential to incorporate a few challenges into our lives. They help us become stronger and better people.

I encourage you to do something new this week. Is there something on your bucket list that you have been putting off? What if you made your someday **today**? It's a great feeling. What are you waiting for?

Recall the feeling of doing something for the first time and record it in your journal. Do you remember the sense of accomplishment? What were the steps that you took? Didn't making progress feel good? Recall that moment and be grateful.



Photo by Lorenzo Spoleti

"That was awesome!"

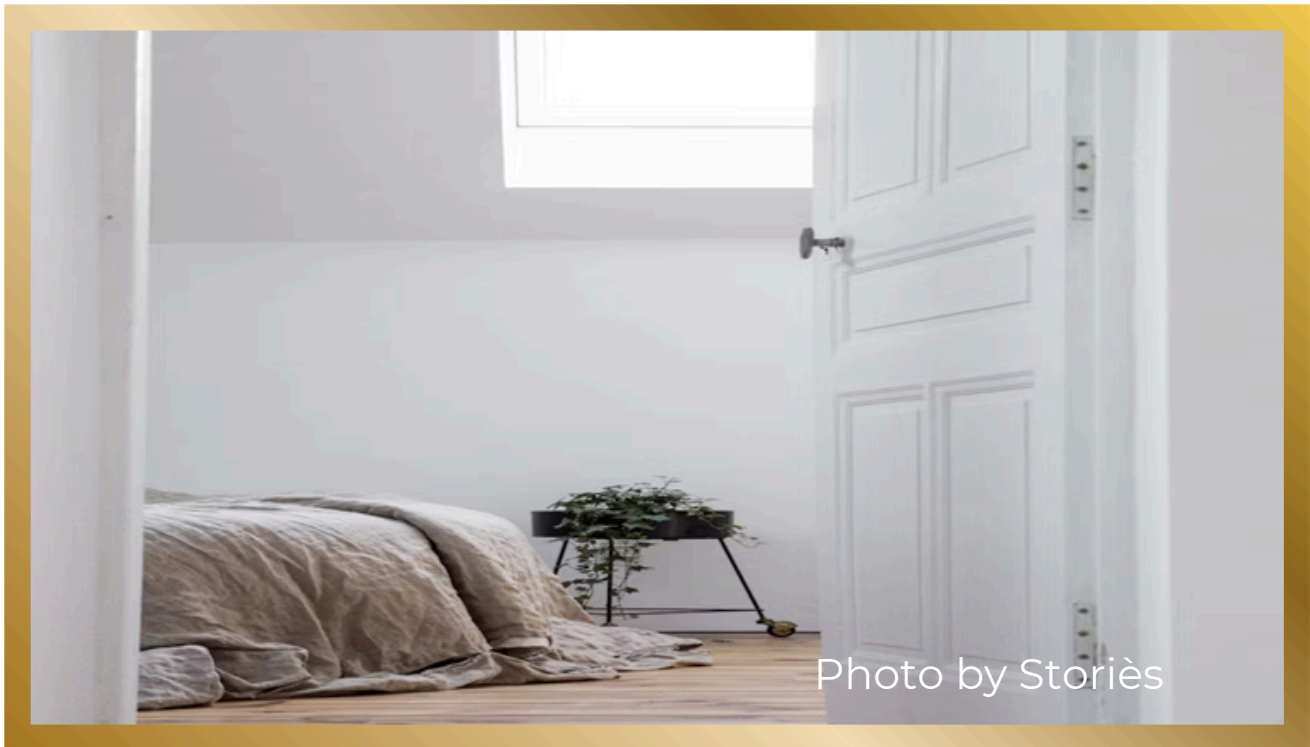
was the go-to phrase of the 1990's. People said it all the time, back in the day, as we do with the word amazing now. Perhaps we overused the word, but we could incorporate a greater sense of awe because it is essential to our gratitude practice.

Awe is defined as "a feeling of reverential respect mixed with fear or wonder." Researchers are currently studying awe as a treatment for Posttraumatic Stress Disorder (PTSD). Awe inspires curiosity.

When we experience something extraordinary, it takes our breath away, we marvel, and sometimes, we lose our words and ability to communicate. Frequently, we encounter that feeling in nature. When researchers took the PTSD sufferers, they reported sleeping better and less anxiety after having an awe-inspiring experience outdoors.

When we experience something extraordinary, it inspires gratitude.

Take the time to remember something extraordinary and record it in your journal. What feelings did it inspire in you? Did you observe something in nature or some human-made wonder? Did you witness a miraculous athletic feat? Why was it awesome?



If you are endeavoring to create more peace and joy, begin and end your day in gratitude.

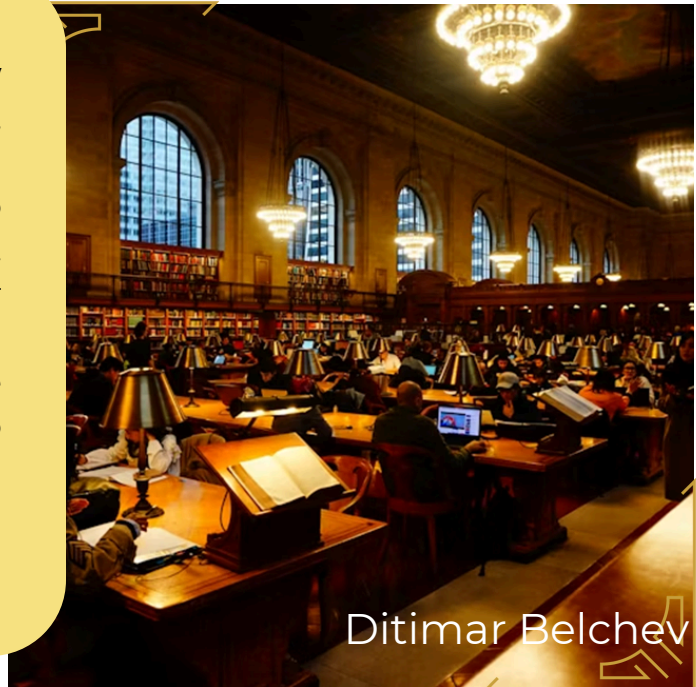
The greatest gift you can give yourself is to train yourself to look for the good. It is a simple task, but it may take effort. When you wake up, pause and notice that you are awake and, therefore, alive, be grateful. Before you put your feet on the floor, instead of resenting your alarm clock, be thankful to be alive.

When you retire to bed, review the day. Find at least one thing to appreciate before you close your eyes. Train yourself to associate your bedroom with where you experience great gratitude.

Consider writing about your bedroom in your journal. What are the aspects of the room that make it uniquely your room? Make a note of the tactile elements you like. Do you have art in your room? What do you love about it? Does your bedding envelope you with feelings of comfort?

I love libraries! They saved my aunt's life. My grandmother died when my aunt was only ten years old. Unfortunately, her death coincided with the time of the school year's annual state academic testing; not surprisingly, my Aunt Betty performed very poorly on the exam. The school moved her to a new class intended for developmentally disabled students. It was an improper placement, but it took some time to correct that decision.

At first, the teachers didn't know what to do with this brilliant child, placed in a class with kids with severe educational challenges, so they sent her to the school library. Betty loved to read, so she never questioned it, but soon she had read all the books there. Then, they gave her a bus pass and permission to go to the downtown library.



Ditimar Belchev

The library was Betty's place of refuge and where she could safely explore the world on the pages of a book. I imagine her slowly healing from losing her mother under the distant but watchful eye of a kind-hearted librarian.

Libraries are some of the first places children are allowed to explore alone. They are places where we can escape the heat of the summer. Libraries allow us to borrow books and explore our curiosities for free! Libraries are treasures and are free universities available to us all.

Think of all of the people that a library has helped and be grateful.

Jot your gratitude into your journal.



Photo by Andrej Lišakov

A library is a shared information repository, such as books, periodicals, and recordings. When we think of a library, we envision a lending or public institution. Still, there are private, research, and university libraries, and not all are accessible to the public.

Public libraries are open and financed from public sources, such as taxes. Professional librarians and library paraprofessionals, who are also government employees, keep everything moving smoothly.

Andrew Carnegie and other philanthropists played an essential role in developing, funding, and growing public libraries as a tool for educating the masses in the English-speaking world. According to Wikipedia, "1,689 Carnegie libraries were built in the United States between 1883 and 1929, including some belonging to universities. By 1930, Carnegie had built half the American public libraries.

Today, we take libraries for granted, but we shouldn't. Reflect on a time you've spent in a library that makes you smile and be grateful.



Photos by Carly Reeves

Practicing gratitude means being thankful for what we have. We can show our appreciation by not being wasteful.

Did you know that 1 in 8 American households are food insecure worldwide, it's 1 in 9? What does that mean? It means that they lack access to nutritious and safe food. Eight hundred million people suffer from hunger, but many people from different industries are fighting the issue head-on by attacking food waste. Over 5 billion tons of food are discarded yearly for aesthetic reasons.

Now, people are changing the way we look at produce. Everything is not perfectly symmetrical. Sometimes, our veggies look funky, but now that food is being sold at a lower price point or is going to food pantries, some food goes to local schools for student lunches. Food waste harms the environment by squandering fuel, water, and fertilizer resources.

Food disposed of in landfills causes harmful gases.
What can you do?



Photo by Dean Milenkovic

It was a hot summer day

and the sun was starting to set. Commuters dashed down side streets trying to make it home from work at a decent hour. The children were playing, engrossed in their game, when the ball rolled out of bounds, and a boy with tightly coiled hair ran to retrieve it. He didn't look both ways. The SUV didn't have time to stop and landed on top of the boy, yet by the time the ambulance arrived, he was no longer trapped.

How was that possible without a tow truck? A group of strangers united to save the kid; they lifted the vehicle off and away from the child. Think about the power needed to move an SUV!

I am thankful for the strangers who care, and I celebrate the heroic spirit within all of us.



If the only prayer you ever say in your entire life is thank you, it will be enough.
Meister Eckhart

Rise to greet this day and be grateful. Today, we can be grateful simply because we are alive. Let's appreciate the fact that we have awakened to see another day. We can be confident that we've got what it takes; we can handle the challenges we meet.

It is good to be alive. Be grateful.



If you see something, say something. I am thankful for the people who notice the people around them and act when needed.

Once, I had a rough couple of days. It wasn't anything major; I felt more contemplative than usual, and a colleague checked in with me. It was a kind and appreciated gesture. It felt good to be seen, and that was a measure of human contact that I needed, even though I hadn't known it. It helped me feel better.

Recently, a bus operator noticed a small girl walking alone on a busy roadway. The driver stopped the bus, checked in with a lost child, and then called the police, who took the little girl home. The child, her family, and the few bus passengers all appreciated that expression of human kindness, which could not have happened without that observant driver.

Today, let's be grateful for our ability to notice and celebrate our willingness to help.

As a coach, I get the honor of hearing my clients share their hopes and dreams with me, and that's awesome! Living the life of my dreams is a great feeling. I have found that the only thing better than living my dream is being part of someone else living theirs. Last year, my sweetheart took me on the trip of my dreams, which was fantastic. I had the desire for over 15 years and was grateful for the experience. I didn't think it could get better, but I was wrong.

We embarked on his fantasy adventure this year, and I had even more fun. I had never seen him so engaged or excited. My greatest delight was seeing him enjoy himself. Eyes filled with wonder, he photographed every aspect of our journey from morning to night. I have loved traveling with him, and I even enjoy hearing him describe the trip to his friends at home.



Photo by Alex Azabache

Recall a time when you shared an experience with someone you love and be grateful.



Photo by Evan Leith

As a child

I didn't love the summer. I longed for the school routine and the other kids' social interactions. I quickly learned never to say, "I'm bored," or my mother would find something for me to clean. One treasured summer memory is the sight of lightning bugs in the night sky. It is the perfect time to believe in magic; lightning bugs look like fairies floating in the air.

I learned that everything we love and enjoy is not meant to be held, possessed, or captured. Lightning bugs look better at a slight distance. Their light doesn't perform as well in a jar, but the lightning bug is a wonder not when held but left alone.

Is there something you should appreciate from a distance? Reflect on the beauty and be grateful.



Photo by Romain Dancre

Now and then, life is hard, and in those times of difficulty, we have to keep going. It is tempting to stay in bed with the covers over our heads, but life demands that we continue to show up. Today, I was feeling less than my best. I dreaded having to fulfill the expectations of my day, but I still wanted to provide excellent service to my clients, and I did, all because of muscle memory. After we reach the expert level, things that used to challenge us soon become routine.

As experts, we can go on auto-pilot and continue to perform well; it's then that our brains and bodies help us to complete tasks well even when we are not feeling our best. I am so grateful for muscle memory. Have you ever had the experience of relying on muscle memory rather than your intellect?

Reflect and be grateful. Consider this in your journal.

Sometimes, the good things in our lives show up in unexpected packages. Even when we are clear about what we want and working toward acquiring our desires, the way they show up can be daunting. When we follow our intuition and take a chance, it can lead to beautiful surprises.

Reflect on a time when you followed your intuition and discovered something extraordinary. Did you accept an invitation that you thought about rejecting? Did you try something completely new? Sometimes, when we follow our gut, we get to have great fun or avoid heartache.

When was the last time you used your intuition? Reflect on that experience and be grateful.

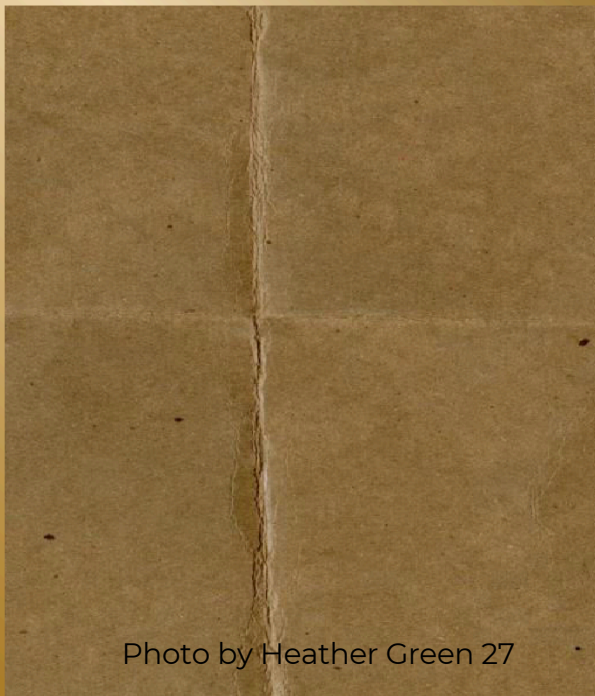


Photo by Heather Green 27

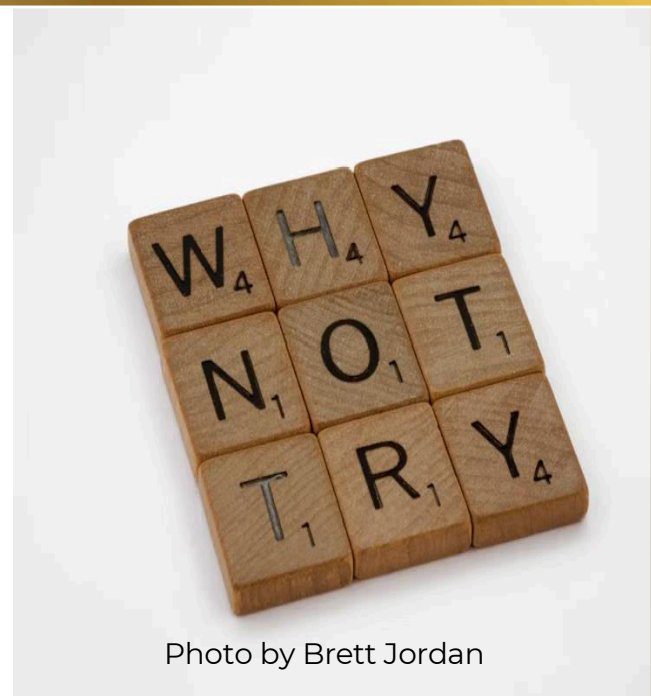


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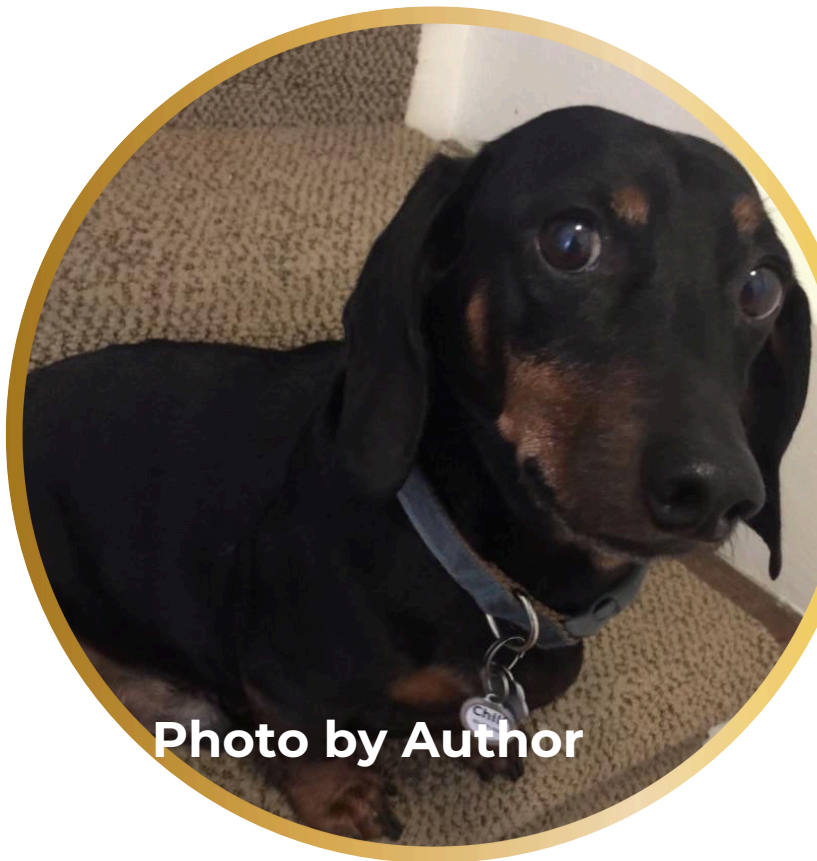


Photo by Author

The dog in the photo is my dog Chili. He lived with me for six of the most challenging years of my adult life. He died December 17th in my family room and my arms. I loved him more than I

knew, and I miss him terribly. When I got him, I thought he would be my daughter's dog, but

soon, he was the center of my world. I had never had a pet before, and the amount of time and

commitment required was an adjustment. I wasn't a dog person.

Chili made everything better for me. As you know, dogs need walking, so we walked. It had been four years since I had a regular exercise program when we started walking, but soon we became runners. I didn't know it, but it was also the beginning of my meditation practice. I got to know myself and reacquainted with my desires. Chili was my protector, comforter, and occasional entertainer. He helped me heal from the last phase of my grief from the death of my mother.

I miss my dog. I learned so much from Chili Dog, mainly to be the best you can be each moment because we don't always get a second chance.

I am thankful for love and support in unexpected places.



Photo by Kostiantyn

What is your favorite childhood memory of using your imagination? Did you have an imaginary friend that comforted you? Or did you have extensive conversations with your cat or dog? As a child, I lived in the Upper Peninsula of Michigan, which always seemed to snow. My favorite memory is playing in the woods, dragging my sled, and pretending to be a hunter. I played for hours, all alone. It is still a vivid recollection; recalling that time brings me great joy.

Take a moment to remember a time when you had fun playing.

Reflect on your spirit of adventure and be grateful.

Do you remember getting your license? Milestone events are not just markers of time; they are also reminders of feelings. They help us to reminisce about that time in our lives when everything felt new and exciting. Life was ahead of us and seemed filled with possibility.

Perhaps you were a new driver, or you just started to make friends outside of school and your family structure. If you were like me, you were impulsive and took chances. Risk-taking is a mark of youth; most people don't see it as an asset, but it is.

The first few years of young adulthood are when you flex your decision-making muscle. You can recover from your mistakes when you learn to trust yourself to make the right moves, build awareness, and learn from your mistakes.

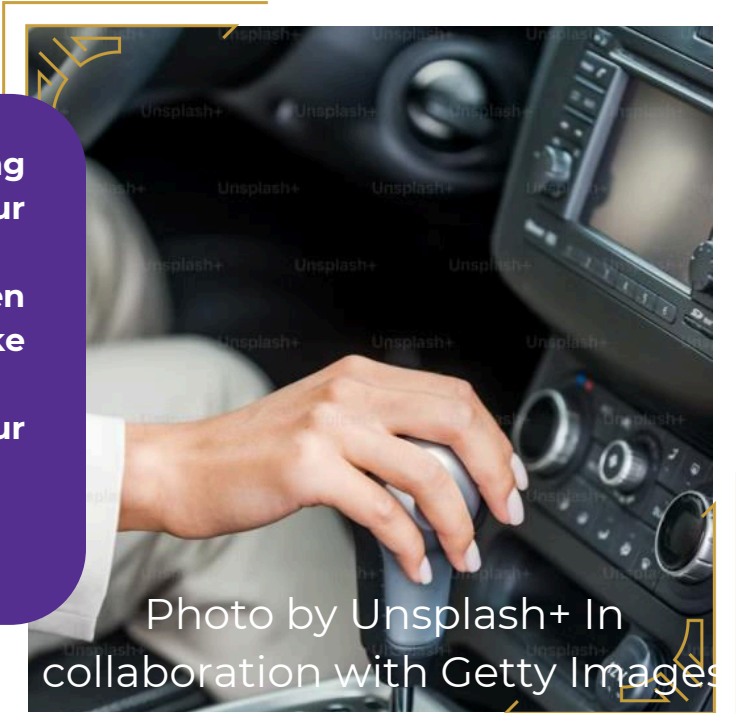


Photo by Unsplash+ In collaboration with Getty Images

Let's remember those times of youthful bravery and be grateful.

We can appreciate all of the lessons we have learned.



to by Desola Lanre-Ologun

I have been

an attorney for over 30 years. That's more than a quarter of a century. When I started, I could not have imagined my life. Now, I mentor younger professionals; we are meant to be their teachers. I find working with them and being in their presence invigorating. The interns come into the business with fresh eyes and enthusiasm.

They are full of excitement and wonder. They remind the older folks what we love about our jobs. We get the pleasure of being a guide, and they bless us by reminding us of the best parts of the work.

Do you work with someone who brings out the best in you? If so, reflect on their contribution to your life and be grateful.



Persistence is essential as we reach our dreams and goals, especially when encountering difficulties and challenges. Some of our decisions and actions will appear to be errors or failures. Sometimes we hit a wall. We must learn from those missteps. Applied persistence is the conscious choice to look for the lesson in every miscalculation. We must look for another way to complete the task. Mistakes are feedback, tacitly guiding us in the right direction. Today, I am thankful for the lessons I learned from my failures. Do you recall learning to persist in the face of mistakes and uncertainty? Reflect on your persistence and be grateful.



Photo by Author at BTI Training

Today, I am thankful for persistence. Sometimes, reaching a goal seems impossible, and everything appears to go wrong. Sometimes, the goal seems too far away. When we persist and keep going, we change. When we become someone new, it no longer matters whether we achieve our goal.

We get to decide what we believe. We get to decide whether we trust ourselves and our decision-making ability.

We get to grow and remember what we are capable of accomplishing. We choose to go further and keep going. Then, we experience the pride of persistence, which becomes a firm foundation for discovering the power of intention.

“You gain strength, courage, and confidence by every experience in which you stop to look fear in the face. You can say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.” Eleanor Roosevelt. Persistence is the gift that keeps on giving.

Remember the times you persisted and be grateful.

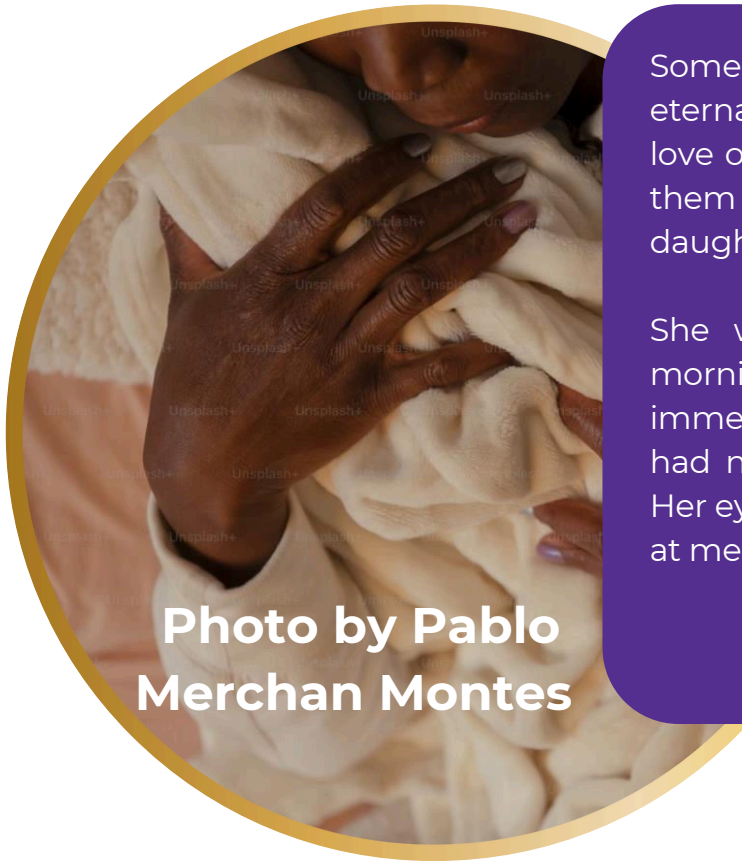


Photo by Pablo Merchan Montes

Some events are tattooed on my soul eternally. My heart has exploded with love only a few times, but I remember them distinctly. The birth of my daughter is one of those events.

She was born at 8:25 one Sunday morning. The first time I saw her face, I immediately felt tremendous love. I had never felt anything like it before. Her eyes were bright, and she stared at me, full of wonder.

Her skin was sticky, and she smelled very sweet. She stretched her long arms and legs like a space alien; then, the nurse swaddled her and placed her on my breast. The birth of my daughter shocked me because when she entered the room, she filled us all with love.

Do you have a memory that you treasure? Write about it in your journal and be grateful.

We are all interconnected. I love thinking about my readers from across the globe. I am proud to have readers/app users in North America, Europe, Africa, and Asia. As we retire at night, we sleep under the same moon, and the sun lights the sky equally for us.

The solar system supports all life on Earth. I appreciate the sun and the energy it provides. The power of the sun is infinite, and we are learning more about solar potential and how to make power accessible to the entire world. Solar electrification helps industrial and developing countries because it is an economical, clean, and renewable energy source. I recently learned about Barefoot College, a program that trains women from remote villages to become solar engineers. These women move to India for six months to learn the mechanics of building solar panels so that they can bring the technology back home. Six Hundred "Barefoot Grannies" from sixty-four countries have brought solar power to over 1000 villages in Africa, Asia, and Latin America.

People who don't have access to electricity must rely on wood, petrol, or batteries for power, and that's expensive. Light is a fundamental aspect of living; having access to light after dark is a game changer.

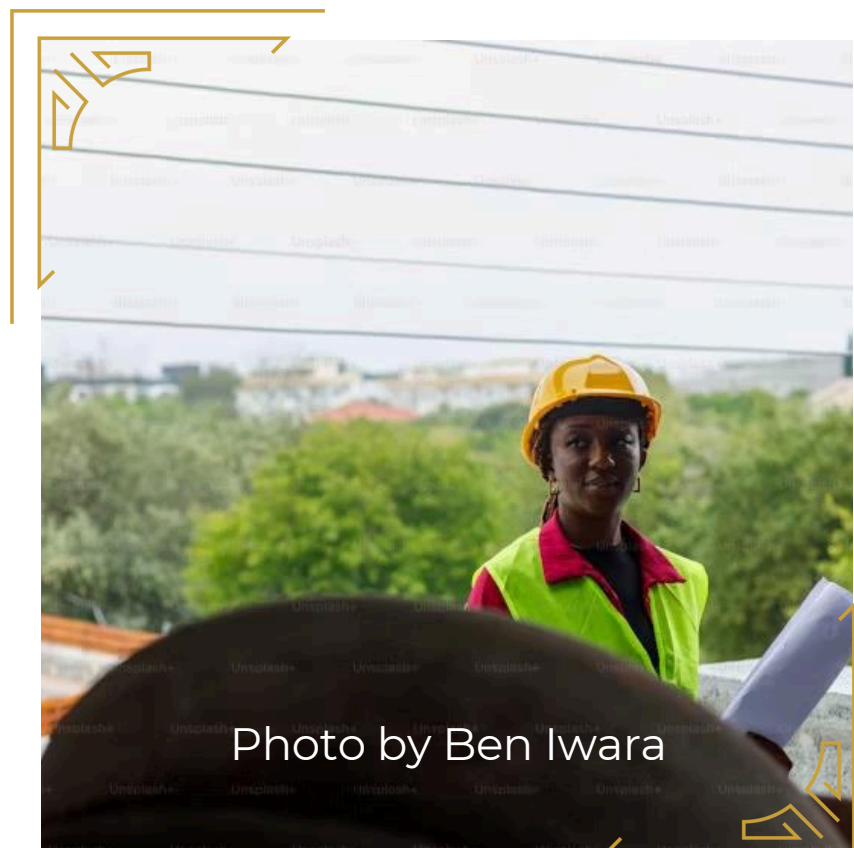


Photo by Ben Iwara



I have been

I am thankful that we have the power to soothe and heal ourselves. The meditation below is something that I use when I'm angry with someone. It helps me remember how much I care for the person and what I want for myself and others. Forgiveness is a gift, and this meditation helps me find peace quickly.

Photo by Melanie Stander

Repeat these loving-kindness phrases silently to yourself. Lead with "May I be ..." one time. Then, thinking of the other person, say, "May you be..."

May I/you be filled with loving-kindness,
May I/you be safe from harm,
May I/you be well,
May I/you be happy

Adapted from Jack Kornfield, *The Art of Forgiveness, Lovingkindness, and Peace*, Bantam Dell, 2008, pg. 117 - 120.

I am thankful for the gift of loving-kindness. I gave it to myself, and I gave it to you, my friend.

Repeat the meditation and express your gratitude.



Is there something that you do very well? Are you a master at your profession? That's great!
Well, today, let's reflect on being a novice. Do you remember wanting to do something so badly that you were willing to do it poorly? Being a beginner is exhilarating.

Being a beginner is complete with essential life lessons. We learn to be gentle with ourselves. We look for some small measure of success and critique the areas for improvement. We learn resilience.

The beginner's mind is a sweet place to be. We must give ourselves grace and room to grow. I just have to laugh about some of my first jobs. There's so much to appreciate. I am thankful for the company that hired me as a newbie, for the folks who trained me, for all the professionals who interacted with me as I figured everything out, and for the clients who let me serve them while I learned how to do the job.

As we celebrate being a master, let's also appreciate when we were beginners.

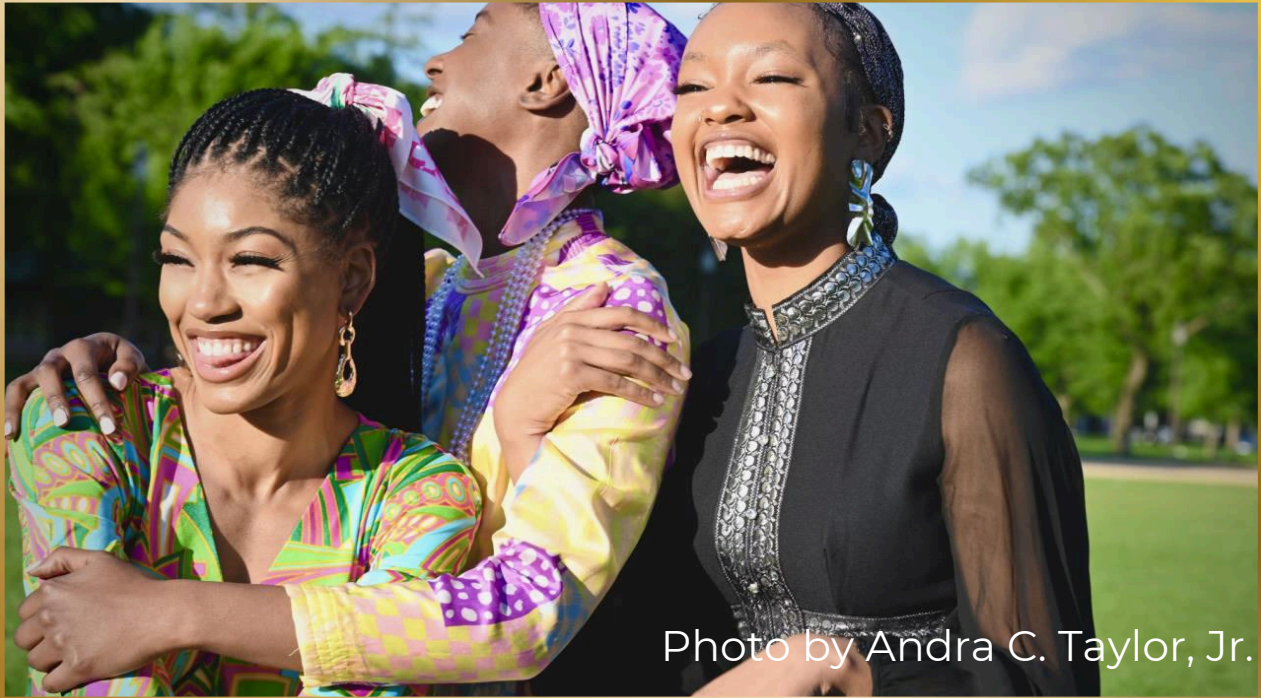


Photo by Andra C. Taylor, Jr.

I am thankful for all my relationships, even the ones that turned out poorly. I have heard that people come into our lives for a reason, a season, or a lifetime.

I appreciate the good times and the happy memories. I am glad for the occasions I was hurt because they taught me some necessary lessons.

1. How to be a better friend to others.
2. What to look for in a friend.
3. Not to tolerate bad behavior in relationships.
4. To advocate for myself.

Take a look at your relationships and be grateful. Is there someone in your life you can call and say, "Thank you for being a friend." Make the call and write about it in your journal.

I appreciate springtime and its predictability. Some doves visit my front yard every spring. They dance in the sprinklers and sing in the trees. I always notice them because they insist on building a nest above my front door.

It is almost invisible at first—a few twigs on the porch and then some string. Maybe a few leaves, but soon, there is an official mess on my welcome mat. I don't fight it. I accept that my home is also their home. I enjoy watching the process. I'm not sure how many generations of birds have made their home at my front door, but I suspect they were there before me and will call my place home long after I'm gone.

*I appreciate that
little piece of nature
at my front door.*



Photo by Joshua J. Cotten

Is there a migratory creature that visits you? Take notice and appreciate them, then write about them in your journal.



These prompts are part of a more extensive collection in the Gratitude App, which was available in the App Store and Google Play from 2016 to 2020. Ultimately, app technology advanced beyond the app's specifications. I'm offering these 40 prompts to help you develop personal gratitude practice.

During its four years of active use, folks downloaded it all over the English-speaking world. Most users were in the United States, Singapore, and Sri Lanka.

Now, it's my gift to you. I invite you to look out for the forthcoming book, which includes 365

prompts for building a year
of thoughtful appreciation.

From my grateful heart to
yours,

Coach Lori



Design by Julia Balieiro.

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Lori A. Harris