

101 Reasons to Be Grateful

There are all kinds of things to be grateful for: Relationships, nature, laughter, and more. Here's a list of 101 reasons to be grateful, to add a spark of inspiration to your gratitude practice.



- 1. Everything on Earth that supports your existence**, from the organisms in the soil to the plants and animals
- 2. The Sun's rays** which warm your face and nourish the plants that feed you
- 3. Electricity**, which only became common in homes in 1925
- 4. Everyone who's helped you** become who you are now
- 5. Grocery stores** and the fact that you don't have to hunt for your food
6. The increasing ability to **work from home**, or work from anywhere
- 7. Clean streets** and the sanitation workers who make them possible
- 8. Smartphones** and their ability to keep you connected anywhere on Earth
- 9. GPS** for helping you never get lost again
- 10. The chance to know yourself better over time**

- 11. The Moon**, for being perfectly positioned to affect the tide and for lighting your way at night
- 12. Traveling to new places** and the sense of adventure and variety that brings to your life
- 13. The unique talents and abilities** that you've been able to share with the world
- 14. The chance for growth** when challenges arise
- 15. The sense of accomplishment** that comes when you do something you worked hard at
- 16. Your mother and your father** for bringing you into the world
- 17. The Internet** and the way it brings the world to you
- 18. Humor** and comedians and moments of joy that funny people bring into your life
- 19. Clean water** and not worrying about thirst or disease from what you drink
- 20. Clean air** and the ability to take deep breaths without inhaling pollution

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21. Your partner or most important relationship and every time they've put you first

22. The printing press and the exchange of ideas that books have allowed

23. Air conditioning and the ability to be comfortable in hot climates

24. Bicycles and the sense of exploration they give you from childhood to adulthood

25. The ability to listen to any song you want in the world, at any time

26. Dogs, cats, and other pets and their ability to make us laugh and keep us company

27. The feeling of warm sun on your skin

28. Nature and the feeling of awe and beauty it inspires

29. Health, in whatever capacity you're experiencing it

30. Your body and the movement it allows

31. Your ability to communicate with others through language

32. Having a roof over your head for protection from the elements

33. The feeling of wonder that comes from looking up at the stars at night

34. Children and their ability to remind you to be playful and adventurous

35. Video calls that let you chat with friends and family all over the world

36. Each morning which brings a fresh start

37. Sunrises and the beauty they bring to each day

38. A warm cup of coffee or tea on a cold morning

39. Experiencing a rainy day while you're comfortably inside

40. The joy of witnessing the laughter of babies

41. The fact that you have shoes to protect your feet

42. Clean clothes and the change they can spark in your feelings about yourself

43. Your ability to experience hope that life can keep getting better

44. Clouds, and the beautiful scenes they paint on the sky

45. Reading and losing yourself in a good book

46. Your ability to heal from physical and emotional wounds over time

47. Dancing

48. The feeling of jumping into a cool pool on a hot summer day

49. The ability to taste food and the amazing sensations that come with it

50. Your sense of smell and how it helps you experience the world more richly

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51. Hearing birds chirping, and hearing the wind moving through the trees

52. Your vision and how it helps you navigate the world around you

53. The changing of the seasons

54. The beating of your heart which keeps you alive in each moment

55. Going to see music performed live

56. The energy and nutrients you get from food

57. The fact that you can **learn from mistakes**

58. The motivation you have to become a **better version of yourself**

59. Your ability to **learn from others**

60. All those who've come before you and the knowledge they've left. As Isaac Newton said, we are standing on the shoulders of giants!

61. When emotional pain and depression give you the motivation needed to make changes in your life

62. That particular smell when it rains on a warm day (it's called petrichor!)

63. Dreams and the inspiration they bring to your life

64. Giving and receiving massages

65. Sleep & the way it recharges your body and refreshes your mind

66. Refrigerators, freezers, and your ability to save food for later

67. The feeling of your **bare feet on soft grass**

68. Streaming videos and not having to run to Blockbuster anymore to rent a movie

69. Airplanes and the way you can travel anywhere in the world in a day

70. The challenge of **learning a new language**

71. The feeling of laughing until you cry

72. Microwaves and popcorn and having food ready to eat in two minutes

73. The excitement of **going to the movie theater**

74. Alone time and the peace it can bring

75. All kinds of **chocolate**

76. Cars and the independence, freedom, and mobility they give you

77. Naps

78. Candlelit dinners

79. Exploring the outdoors

80. Old friends and new friends

81. Podcasts and the ability to learn from smart people around the world

82. The feeling of receiving a gift



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83. Modern medicine and the security that comes with knowing more and more conditions are survivable

84. Building peace inside yourself

85. Being next to a warm fire on a cold night

86. Sunsets and the gorgeous pictures they paint upon the sky

87. Those moments of pure silliness where you experience a major belly laugh

88. How far you've already come in life

89. Floating in rivers and playing in streams

90. Hot showers and the way they keep your body clean and smelling good

91. The endorphins that come with exercise

92. The ability to take photographs and hold onto a memory of the past

93. Tender kisses

94. Road trips and the freedom of the open road

95. The joy of painting and drawing

96. The ability to meet your basic needs

97. The luxury of having leisure time

98. Struggles that remind you that happiness is worth fighting for

99. Getting lost in a good novel

100. The childhood experiences that built who you are today

101. How a walk outside can reboot your energy and spark creativity

