

The Gratitude Calendar

Bring the practice of gratitude into your daily life with this two-week journey inspired by The Gratitude Journal by Mindful. Here, you'll find sneak peeks from the journal, prompts and quotes to inspire reflection, and links to practices and articles from some of our foremost mindfulness teachers.

DAY 1: REFLECT

"Practicing gratitude is how we acknowledge that there's enough and that we're enough."
—BRENE' BROWN

DAY 2: PRACTICE

A 12-Minute Meditation to Cultivate Gratitude for Small Things
BY STEVE HICKMAN

DAY 3: READ

The Amazing Effects of Gratitude
BY STEPHANY TLAKA

DAY 4: PRACTICE

A 5-Minute Writing Practice to Help You Express Gratitude
BY JENNIFER WOLKIN

DAY 5: PROMPT

Who has done something sweet for you lately? Perhaps a friend invited you to lunch or phoned to see how you're doing. How do small acts of kindness feel?

DAY 6: READ

The Power of Gratitude in Parenting
BY CARLA NAUMBURG

DAY 7: REFLECT

"The simple things in life, these are not trivial. These are the things that, practice-by-practice, build a perception and optimism of life and get us through the pain."
—JENEE JOHNSON

DAY 8: READ

Four Ways to Wire Your Brain for Gratitude
BY NAJMA KHORRAMI

DAY 9: READ

Grateful on the Job
BY JEN FISHER

DAY 10: PROMPT

How do you express gratitude?
To learn more about creating an intentional space to reflect and be creative, check out our Mindful Writing course.

DAY 11: PRACTICE

A 5-Minute Gratitude Practice: Savor the Moment by Tapping into Your Senses
BY ELAINE SMOOKLER

DAY 12: PROMPT

What can your hands do that you're grateful for?

DAY 13: READ

Four Ways to Foster Gratitude in Children
BY MARYAM ABDULLAH

DAY 14: REFLECT

"It was the small moments of unexpected beauty that sent a rush of happiness through me."
—JANE ANNE STAW

CONTINUE THE JOURNEY

Find more wisdom, practices, and prompts in **The Gratitude Journal**. Get your copy in stores or online at shop.mindful.org.



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