

101 Things You Can Be Grateful For



Studies have shown that 50% of happiness levels are pre-determined by your genetic make-up and 10% are due to circumstances of life, which leaves the remaining 40% within your control. So, do you want to leave that 40% to chance or discover some ways to increase your levels of happiness?

In the book [Positively Happy](#) Sonja Lyubomirsky & Jaime Kurtz provide some strategies that that you can implement to improve your happiness levels over time.

One of the strategies includes cultivating a sense of gratitude. In order to cultivate gratitude you can do such things as taking a few minutes every day to write down five things in your life you are grateful for, keeping a “gratitude journal”, writing gratitude letters and using gratitude at work.

Living in gratitude forces you to be mindful of the present, to cultivate optimism and to focus on the now. Focusing on the good things you have in life instead of the bad things will transition your negative thought patterns into positive ones.

The reason this works because we often forget to recognize the little things in our life that we have come to take for granted.

Here is a short list of 101 things you can be grateful for. Feel free to use them or make your own list. Print it out if you need to or go through it and see how many of these resonate with you.

You can choose to live your life in sadness, fear, longing and despair for what you don't have or you can choose to live it in gratitude and be thankful for all everything you do have, no matter how small.

101 Things You Can Be Grateful For

1. Wet nose kisses from a puppy
2. Watching a butterfly flutter past
3. The crashing sounds of the waves of the ocean
4. Solar lights in the garden
5. Kittens!
6. That last piece of chocolate cake
7. Starbucks Frappucino
8. The stuffed animal still sitting on your bed from childhood
9. A good glass of wine
10. A candle lit dinner
11. Hot baths on a cold day
12. Watching the snow fall outside
13. Running water
14. People watching
15. The sun coming up
16. The sun going down
17. Noticing the leaves have changed colors
18. The laughter of your baby
19. A caterpillar crossing your path
20. Hummingbirds feeding
21. The smell of freshly cut grass
22. Watching your partner when they don't know you're looking
23. A good book
24. Rocking out in the car to your favorite tunes
25. Dolphins at play in the ocean
26. Crickets chirping
27. Dancing
28. Rain falling softly on your head
29. A big, juicy steak
30. Nights with a full moon
31. Stargazing
32. Drive-in theaters
33. Family who love you
34. Family you love
35. Best friends
36. Picnics in the park
37. Camping in the great outdoors

38. Flowing Rivers
39. Wishing wells
40. Baby piglets at the fair
41. The smell of freshly laundered sheets
42. Sitting in front of a fire
43. Making s'mores
44. Your beating heart
45. All of your fingers and toes and arms and legs
46. Homemade pasta
47. Train rides up the coast
48. Fresh dew in the morning
49. Flowers in your garden
50. Freshly cut herbs
51. Homemade potato salad
52. Home cooked apple pie
53. Photographs
54. Solitude
55. Companionship
56. Freedom
57. Shelter
58. Taking your dog for a walk
59. Swinging on a swing
60. Good conversations
61. Your brain
62. Challenges
63. Flowers
64. Historic buildings
65. Cobblestone streets
66. Feeling the sun on your face
67. Naps
68. Cuddling
69. Kisses
70. Coloring books
71. Walks along the Boardwalk
72. Waking up every morning
73. A soldier that died so you could be free
74. BBQ's
75. Brushing your teeth

76. Warm baths on a cold day
77. Cold showers on a hot day
78. Cannonballs into the pool
79. Hot fudge sundaes
80. Going for a run
81. Laughing
82. Texts from someone saying hello
83. Long drives to nowhere
84. Going to hear your favorite band play
85. Mosquito repellent
86. Aloe after a sunburn
87. A soft place to lay your head
88. Trying something new
89. Feeding the ducks
90. Dinner with friends
91. Baking cookies
92. Hearing someone you love say your name
93. Holding hands
94. Exercising
95. Sleeping in
96. Fairy lights
97. Food on the table
98. That one person who understands you
99. Self-reflection
100. Playing with your cat
101. Poetry

*“That you are here—that life exists and identity,
That the powerful play goes on, and you may contribute a verse.” Walt Whitman*