



THE
Gratitude
PLAN

RESOURCE CHEAT SHEET

Articles about Gratitude

Gratitude Power – an article exploring the topic four stages of gratitude, written by Dr. Laura De Giorgio.

<http://www.gratitudepower.net/article1.htm>

Beliefnet - an in-depth article that explores the transformative power of gratitude, detailing simple practices that can reconnect you with the flow of life.

<http://www.beliefnet.com/wellness/gratitude/the-transformative-power-of-gratitude.aspx>

Beliefnet – an article exploring the secret to happiness through gratitude.

<http://www.beliefnet.com/wellness/gratitude/how-to-feel-rich.aspx>

Happify – an article exploring the science behind gratitude and how it can change your life.

<https://www.happify.com/hd/the-science-behind-gratitude/>

Happier Human – a comprehensive guide on the benefits of gratitude.

<http://happierhuman.com/benefits-of-gratitude/>

Michael Hyatt – a post discussing strategies that you can use to reach your goals by using gratitude as a trigger.

<https://michaelhyatt.com/gratitude-amazing-year/>

An Attitude of Gratitude Can Help You Live a Longer, Happier Life – shares the benefits of gratitude.

<https://articles.mercola.com/sites/articles/archive/2017/11/24/thanksgiving-gratitude.aspx>

The Power of Gratitude –exploring how the power of gratitude can change your life and make you happier and healthier.

https://www.sparkpeople.com/resource/wellness_articles.asp?id=1541

Gratitude Websites

The Journey Within – a website dedicated to learning how to use psychology to explore the path to wellness, Inner Wisdom, and Well-Being.

<http://thejourneywithin.biz/explore/spirit/gratitude-resources/>

Gratefulness.org – a comprehensive site that explores the topic of gratitude.

<https://gratefulness.org/resource/how-to-practice-gratitude/>

Monat Gratitude – a site dedicated to showing you how you can make gratitude a way of life.

<http://monatgratitude.com/>

Choosing Gratitude: Your Journey to Joy by Nancy Leigh DeMoss

https://www.amazon.com/Choosing-Gratitude-Your-Journey-Joy/dp/0802432522/ref=cm_lm_f_tit_4?tag=SheKnows_VL_Convert-20

Attitudes of Gratitude: How to Give and Receive Joy Every Day of Your Life by M.J. Ryan.

https://www.amazon.com/dp/1573244112/ref=asc_df_15732441125590006?tag=shopz0d-20&ascsubtag=shopzilla_mp_1446-20;15359914944940381585510090301008005&creative=395261&creativeASIN=1573244112&linkCode=asn

Living in Gratitude: A Journey That Will Change Your Life by Angeles Arrien. https://www.amazon.com/Living-Gratitude-Journey-That-Change/dp/160407082X/ref=pd_sim_b_10?tag=SheKnows_VL_Convert-20

Gratitude Exercise Resources

Daring to Live Life Fully – gratitude exercises that will change your life. <https://daringtolivefully.com/gratitude-exercises>

Positive Psychology Program – gratitude exercises that will boost your happiness.

<https://positivepsychologyprogram.com/gratitude-exercises/>

The Law of Attraction –Gratitude Exercises: 100 Things to be Thankful for Today.

<http://www.thelawofattraction.com/100-things-thankful/>

PsychPoint – Free gratitude exercises worksheet that includes simple and effective gratitude exercises to practice everyday.

<https://www.psychpoint.com/mental-health/worksheets/gratitude-exercises/>

Books on Gratitude

Words of Gratitude for Mind, Body, and Soul by Robert Emmons and Joanna Hill.

<https://www.amazon.com/Words-Gratitude-Mind-Body-Soul/dp/1890151556>

The Psychology of Gratitude by Robert Emmons and Michael McCullough.

<https://www.amazon.com/Psychology-Gratitude-Affective-Science/dp/0195150104/>

Thanks! How the New Science of Gratitude Can Make You Happier by Robert Emmons.

<https://www.amazon.com/Thanks-Science-Gratitude-Make-Happier/dp/0618620192/>

A Simple Act of Gratitude: How Learning to Say Thank You Change My Life by John Kralik.

<https://www.amazon.com/Simple-Act-Gratitude-Learning-Changed-ebook/dp/B007FSHMO2/>

The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life by Janice Kaplan.

<https://www.amazon.com/Gratitude-Diaries-Looking-Bright-Transform-ebook/dp/B00SI02C3C/>

A Simple Abundance: A Daybook of Comfort and Joy by Sarah Ban Breathnach.

https://www.amazon.com/dp/B001D08CQU/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Gratitude Podcasts

The Gratitude Podcast: Positive Thinking, Happiness, Gratitude – inspiring you to live grateful lives. Listen to inspired stories about gratitude, happiness, and positive thinking.

<https://player.fm/series/the-gratitude-podcast-positive-thinking-happiness-gratitude>

Mindfulness and Gratitude –learning how to be thankful for what you have and discovering the key to happiness.

<https://player.fm/series/mindfulness-and-gratitude>

The Daily Refresh – sharing quotes to inspire your mind, gratitude to warm your soul, and guided breathing techniques to help energize your body every day of the week.

<https://player.fm/series/the-daily-refresh-quotes-gratitude-guided-breathing>

Gratitude Hacks Podcast: Simple, Practical, Actionable Ideas to Practice – discover how you can practice and implement gratitude in your relationships, at work, and throughout your life.

<https://player.fm/series/gratitude-hacks-podcast-simple-practical-actionable-ideas-to-practice-gratitude>

Gratitude Hackers – follow along with two friends who are trying to figure out how to balance contentment and self-improvement in their lives.

<https://player.fm/series/gratitude-hackers>

Gratitude Videos

The Power of Gratitude –Robert Emmons explains how gratitude has the ability to heal, energize, and change our lives.

<https://gratefulness.org/resource/the-power-of-gratitude/>

An Experiment in Gratitude – an experimental approach to what makes people happy.

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Nature, Beauty, Gratitude—Schwartzberg is a cinematographer, director, and producer who uses his breathtaking images to reveal connections, universal rhythms, patterns and beauty in the world.

https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude

Want to Be Happy, Be Grateful –Brother David Steindl-Rast provides an inspiring lesson in slowing down, looking where you're going, and being grateful.

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful?referrer=playlist-give_thanks

Remember to say Thank You – Counselor and life coach, Laura Trice, muses on the power of the magic words “thank you” to deepen relationships, repair bonds, and make sure others know what they mean to you.

https://www.ted.com/talks/laura_trice_suggests_we_all_say_thank_you?referrer=playlist-give_thanks

Gratitude Apps for Your Phone

Gratitude! - This app allows you to rate your day from one to five stars, list several things that you are grateful for, and attach a photo if you want. When you're done with your entry, you get rewarded with an inspirational quote.

<http://getgratitude.co/>

Gratitude365 – an easy way to write in your gratitude journal. Enter items daily and choose a photo for that day. Easily see how many days you've written in your journal and backup and restore your entries quickly.

<http://gratitude365app.com/#our-other-great-apps>

Gratitude to Bliss – comes with 30 days of inspiring journal prompts to help you focus on all the good in your life and become happier and healthier. Take your gratitude with you wherever you go.

<https://gratitudetobliss.com/gratitude-app/>

Gratitude –rewire your brain in as little as five minutes a day with this simple to use gratitude app.

<http://welovemojo.com/>

Gratitude Quotes

Gratitude Power - A simple list of gratitude quotes from famous people -

<http://www.gratitudepower.net/quotes.htm>

The Quote Garden – a list of quotes about gratitude.

<http://www.quote garden.com/gratitude.html>

Inc.com – inspiring motivational quotes about gratitude.

<https://www.inc.com/jeff-haden/40-inspiring-motivational-quotes-about-gratitude.html>

Wisdom Quotes – a comprehensive list of quotes that will help to double your happiness.

<http://wisdomquotes.com/gratitude-quotes/>

Printable Gratitude Journal Templates

Mercy is New –a template intended to be used by those who would like to meld their gratitude practice with their spiritual beliefs.

<http://www.mercyisnew.com/wp-content/uploads/Grateful-Journal-PDF.pdf>

Therapist Aid –a bare bones design that can help you keep your gratitude neat and uncluttered. The worksheet includes space to include five things that you are grateful for each day of the week as well as space at the end to note the highlights of your week.

<https://www.therapistaid.com/worksheets/gratitude-journal.pdf>

Four Part Gratitude Journal – this template splits the page into four parts that are dedicated to morning gratitude, a place for writing down what you are learning from your challenges, a place to list the people you are most grateful for, and a part dedicated to describing the best part of your day.

<https://i.pinimg.com/736x/71/ac/24/71ac24206eabb101cf91028c253d0ce0.jpg>

Amazon.com – beautiful and unique gratitude journals that you can purchase for your practice.

https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=gratitude+journals

Natural Beach Living - a printable 30 Days Daily Gratitude List to cultivate gratitude and develop a happy, positive mindset.

<https://www.naturalbeachliving.com/daily-gratitude-list-printable/>