

**THANKS,
I NEEDED THAT!**

Chicken Lips

**GRATITUDE
ADVENTURE**

Bob Wells and Dave Johnson

DEDICATION

While creating this book we often
thought of someone who lived a life
full of love and gratitude, sharing them
both in abundance with all around her.

Our Beloved Sister and Friend,

WANDA WELLS BECKHAM

Chicken Lips is part of the
World Humor Organization, Inc.,
a 501(c)(3) not-for-profit organization in Denver CO.

MISSION STATEMENT:
**We Educate and Inspire
Through the Joy of Laughter.**

FOR MORE INFORMATION ABOUT US, INCLUDING:

- Keynotes, Break-outs and Interactive Workshops.
 - Leadership
 - Team Building
 - Gratitude
 - Creative Thinking
 - Customer Service
 - Laughter & Health

- **CONFERENCES! CONFERENCES! CONFERENCES!**
 - Book us for any service and we'll add **FOR FREE:**
 - 30-minute *Chicken Lips Comedy Show*
 - Emcee your Awards Banquet, Auction, Talent Show, Karaoke Night or ???
 - Improv Training

Visit ChickenLips.com or call us at 303-534-4440.

Copyright © 2017 by David K. Johnson
This book, in whole or parts, may be reproduced by anyone.

In fact, you can get a free pdf version from our website.

www.WorldHumorOrganization.com/topics

Welcome!

Cultivating a sense of gratitude has all kinds of good effects for those who choose to make thankfulness a priority. The more you look for it, the easier it is to find it all around you.

This book (and *any* gratitude journal) helps create a mindfulness of gratitude. It also serves as a glimpse into your life - gratitude memoirs, if you will.

DIRECTIONS

On 50 different days you will write about something for which you are grateful. These don't have to be sequential days and if you're so led, you can certainly make more than one entry on a single day.

On those days when feelings of gratitude are elusive, take a look at the "Grategories" list on the following page and force yourself to write about something. It will improve your outlook and your day!

"The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see."

- Dr. Robert Holden

About what should I write?

Choose a category from below.
Describe what you are thankful for and why.

Categories

(gratitude categories)

- People
 - A friend, family member, co-worker, someone from your childhood, someone who helped you.
- Places. A favored location.
- Pets - You have now or earlier in your life.
- Our country and way of life.
- Employment. What's good about work?
- The simple things in life.
- A good day.
- Health. Be specific.
- Inventions that benefit YOU.
- A fond memory – Remember that one time?
- Nature. Take time to notice, it's *MAGNIFICENT!*
- LAUGHTER
 - What made you laugh today?
 - Who is that person you laugh a lot with?
- TRIPLET LIST. In one entry, list three quick items for which you are grateful. For us:

Bob	Dave
1. My reliable, old car.	1. View from my office.
2. Summer morning walks.	2. Air conditioning.
3. Doris.	3. Colorado Rockies.
- What else might you be grateful for?

Daily Titles

1.	26.
2.	27.
3.	28.
4.	29.
5.	30.
6.	31.
7.	32.
8.	33.
9.	34.
10.	35.
11.	36.
12.	37.
13.	38.
14.	39.
15.	40.
16.	41.
17.	42.
18.	43.
19.	44.
20.	45.
21.	46.
22.	47.
23.	48.
24.	49.
25.	50.

*“Change your thoughts
and change your world.”*
- Norman Vincent Peale

Day #1

Title:
Date:

Day #2

Title:
Date:

Today I focus on keeping my thoughts
positive and appreciative!

Day #3

Title:
Date:

Day #4

Title:
Date:

*“How simple it is to see that we can
only be happy now, and there will never
be a time when it is not now.”*

- Gerald Jampolsky

Day #5

Title:

Date:

Day #6

Title:

Date:

Yesterday I received a gift.
 It was 1440 minutes of life on this planet.
 What do you know?
 I've been given that same gift today!

Day #7

Title:

Date:

Day #8

Title:

Date:

“Life is a banquet, and most poor suckers are starving to death!”

(Mame in “Auntie Mame” the movie, 1958)

Day #9

Title:

Date:

Day #10

Title:

Date:

My life is bountiful with blessings.
I will take time to give thanks today!

Day #11 Title:
Date:

Day #12 Title:
Date:

*“Grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.”*

- The Serenity Prayer

Day #13

Title:

Date:

Day #14

Title:

Date:

*“SERENITY NOW!
SERENITY NOW!”*
- Frank Costanza (“Seinfeld”)

Day #15

Title:
Date:

Day #16

Title:
Date:

“I want to share my experience of realizing how beautiful the gift of life truly is, in the hopes that it can inspire others.” - Shalin Shaw.

(He died of cancer in 2015 at the age of 22.)

Day #17

Title:

Date:

Day #18

Title:

Date:

Was someone grateful for *ME* today?

Day #19

Title:
Date:

Day #20

Title:
Date:

*“Though you may not drive a great big
Cadillac . . . Just be thankful for what you've got.”*
(A soulful song by William DeVaughn, 1974)

Day #21

Title:

Date:

Day #22

Title:

Date:

Today I will not focus on what I don't have.
I will focus on what I DO have!

Day #23 Title:
Date:

Day #24 Title:
Date:

*“With the fearful strain that is upon me night
and day, if I did not laugh, I should die.”*

- Abraham Lincoln

Day #25

Title:

Date:

Day #26

Title:

Date:

Laughter is a life saver. Whether you chortle or
guffaw or chuckle or snort, let's all
create some – and share some – today!

Day #27 Title:
Date:

Day #28 Title:
Date:

“Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice.” - Joseph B. Wirthlin

Day #29

Title:
Date:

Day #30

Title:
Date:

For what *simple* things are you grateful?

Day #31

Title:
Date:

Day #32

Title:
Date:

"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." - Albert Schweitzer

Day #33 Title:
Date:

Day #34 Title:
Date:

Today I will remember those
who have helped me in my life.

Day #35 Title:
Date:

Day #36 Title:
Date:

“Fans, for the past two weeks, you have been reading about a bad break I got. Yet today I consider myself the luckiest man on the face of the earth.” – Lou Gehrig

Day #37 Title:
Date:

Day #38 Title:
Date:

How might a *positive perspective* improve your day?

Day #39

Title:

Date:

Day #40

Title:

Date:

*“I simply remember my favorite things
and then I don’t feel so bad.”*

- Maria from “The Sound of Music,” 1959

Day #41

Title:

Date:

Day #42

Title:

Date:

A few of my favorite things:

Day #43

Title:

Date:

Day #44

Title:

Date:

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

- John F. Kennedy

Day #45

Title:

Date:

Day #46

Title:

Date:

Today, as I live with an attitude of
thankfulness, I will share it by
showing kindness to others.

Day #47 Title:
 Date:

Day #48 Title:
 Date:

*“Louis, I think this is the beginning
of a beautiful friendship.”
- Casablanca, 1942*

Day #49

Title:
Date:

Day #50

Title:
Date:

Gratitude and YOU.

A beautiful friendship with many rewards your whole life through!

Resources

- LifeVestInside.com
 - The Daily Kind: Life Vest Inside's Daily Dose of Kindness
- Greater Good Science Center.
Science-based Practices for a Meaningful Life.
greatergood.berkeley.edu/
- gratefulness.org
- gratitude365app.com
- unstuck.com/gratitude
- welovegratitude.com
- Gratitude Jar.
 - Adapted from "happiness jars," a practice advocated by Elizabeth Gilbert, author of "Eat, Pray, Love."
 - Daily (as much as possible), on a small slip of paper, write down something good that happened to you. Maybe it brought joy, a smile, happiness, laughter, etc. Include the date and put the slip in the jar. As your jar fills, you have more fun reminders of why you're so grateful.

*"If you want to turn your
life around, try thankfulness.
It will change your life mightily."
- Gerald Good*