



# Gratitude: Be Astonished

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Today's Date: \_\_\_\_\_

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## **Instructions for living a life:**

*Pay attention.*

*Be astonished.*

*Tell about it.*

--Mary Oliver (in Part 4 of "Sometimes")

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## **JOURNALING**

What has astonished you lately? What matters the most? What do you choose to pay attention to? What do you hold as sacred?

## **Self-Gratitude**

*You yourself, as much as anybody  
in the entire universe,  
deserve your love and affection.*

--Buddha

**Give thanks to you. Write a thank-you note to yourself.**