

2017 Gratitude Project

- Day 1 God
- Day 2 forever grateful for finding my beloved Guru
- Day 3 extremely grateful for my son, his loving wife and my beautiful grandchildren. Words can't express all the love in my heart I feel for them.
- Day 4 marriage
- Day 5 yoga
- Day 6 family and friends (which are my family we are all brothers and sisters)
- Day 7 breath
- Day 8 ability to love all
- Day 9 laughter
- Day 10 tears
- Day 11 respect for everyone
- Day 12 nature
- Day 13 sunshine
- Day 14 moonlight
- Day 15 rainbows
- Day 16 dreams
- Day 17 mornings
- Day 18 evenings
- Day 19 prayer
- Day 20 mother earth
- Day 21 rain
- Day 22 eyesight to see so much beauty
- Day 23 ability to hear so many beautiful sounds
- Day 24 sense of smell to enjoy all the sweet aromas
- Day 25 a big heart to love everyone with
- Day 26 child's laughter
- Day 27 warm loving home
- Day 28 hard work
- Day 29 patience
- Day 30 good choices
- Day 31 ability to learn new things
- Day 32 mothers
- Day 33 fathers
- Day 34 pets
- Day 35 good health
- Day 36 lifelong friends
- Day 37 giggles
- Day 38 beautiful music
- Day 39 warm sunny days
- Day 40 sound & smell of rain
- Day 41 human beauty
- Day 42 wisdom of elders
- Day 43 honesty
- Day 44 strength of trees
- Day 45 unconditional love
- Day 46 love letters
- Day 47 beautiful art
- Day 48 patience
- Day 49 courage
- Day 50 inner strength
- Day 51 fortitude
- Day 52 devotion
- Day 53 new opportunities
- Day 54 mala beads
- Day 55 good night sleep
- Day 56 spiritual path
- Day 57 spiritual knowledge
- Day 58 pet happiness
- Day 59 respect for everyone
- Day 60 enjoying meals with loved ones
- Day 61 waking up early
- Day 62 being a mother & grandmother
- Day 63 yard work
- Day 64 faith
- Day 65 being Aunt Leslie to many children
- Day 66 ability to help others
- Day 67 being a strong woman
- Day 68 hard times in life to make you stronger

Day 69 *today is a new day*
Day 70 *being happy*
Day 71 *being able to say I'm sorry*
Day 72 *days at home*
Day 73 *coloring*
Day 74 *being a business owner*
Day 75 *learning from my mistakes*
Day 76 *patience*
Day 77 *time with friends*
Day 78 *being able to breathe*
Day 79 *appreciating God's blessings*
Day 80 *being joyful for others*
Day 81 *spring*
Day 82 *hot tea*
Day 83 *old photos*
Day 84 *daylight until after 8:00pm*
Day 85 *watching things grow*
Day 86 *comfy clothes*
Day 87 *barefoot walking*
Day 88 *seeing my child as a beautiful parent*
Day 89 *teaching yoga*
Day 90 *the truth*
Day 91 *helping others*
Day 92 *hearing the birds sing*
Day 93 *holy books*
Day 94 *determination*
Day 95 *lifelong unconditional love*
Day 96 *ability to always rise*
Day 97 *finding peace within*
Day 98 *being self-reliant*
Day 99 *ability to inspire children*
Day 100 *taking pride in yourself*
Day 101 *making someone smile*
Day 102 *long hot baths*
Day 103 *seeing the good in everyone*
Day 104 *watching people grow*
Day 105 *quietude of early morning*
Day 106 *true meaning of Easter*
Day 107 *holy lessons*
Day 108 *maha sadhana (the great practice)*
Day 109 *being happy for others*
Day 110 *long walks*
Day 111 *Prince*
Day 112 *time*
Day 113 *great neighbors*
Day 114 *sound & smell of rain*
Day 115 *watching children play*
Day 116 *good morning kisses*
Day 117 *patience in healing*
Day 118 *tears of joy*
Day 119 *chanting Om*
Day 120 *ability to heal thyself*
Day 121 *knowledge that life is too short so always tell someone you love them*
Day 122 *yoga mats*
Day 123 *being wise*
Day 124 *making good choices about food "eat to live not live to eat"*
Day 125 *being flexible in my body and mind*
Day 126 *change of seasons*
Day 127 *laughter with dear friends*
Day 128 *being a vegetarian*
Day 129 *unbroken promises*
Day 130 *after school hugs*
Day 131 *faith that love always prevails*
Day 132 *traveling with my hubby*
Day 133 *exploring new cities*
Day 134 *divine mothers & anniversaries*
Day 135 *celebrations of May-birthdays, Mother's Day, anniversary*
Day 136 *ability to wake up put my feet on the floor and make the best of each day I'm blessed with*
Day 137 *spending time with elders*

Day 138 *watching babies sleep*
Day 139 *beautiful musicians*
Day 140 *yard work dirt & sweat*
Day 141 *spending time with family*
Day 142 *cherishing moments as time is always fleeting*
Day 143 *value of being steady & consistent in everything you do*
Day 144 *love love love for all*
Day 145 *letting go of the past*
Day 146 *having BHD (big heart disease)*
Day 147 *celebrations of life*
Day 148 *my life which I've been so blessed with and my purpose to serve according to God's plan*
Day 149 *people who serve to protect others*
Day 150 *melody of wind chimes*
Day 151 *essential oils*
Day 152 *thinking before you speak*
Day 153 *beautiful flowers*
Day 154 *patience*
Day 155 *gatherings to celebrate a new life*
Day 156 *daily prayers*
Day 157 *karma yoga*
Day 158 *grace*
Day 159 *date night*
Day 160 *perfume of flowers*
Day 161 *putting my hands in the earth*
Day 162 *family photos*
Day 163 *listening*
Day 164 *regained energy*
Day 165 *hand me downs*
Day 166 *being comfortable in your own body*
Day 167 *early morning yoga*
Day 168 *a new day*
Day 169 *divine fathers*
Day 170 *quiet day at home*
Day 171 *inner beauty*
Day 172 *long summer days*
Day 173 *ability to read*
Day 174 *not being judgmental*
Day 175 *accepting my flaws*
Day 176 *laughter it's the best medicine*
Day 177 *taking responsibility for your actions*
Day 178 *new life*
Day 179 *karma*
Day 180 *accepting everyone for who they are*
Day 181 *being weird*
Day 182 *the past is the past*
Day 183 *remaining strong in your beliefs*
Day 184 *controlling the senses*
Day 185 *real independence*
Day 186 *precious time with my sister*
Day 187 *laughter and time with precious family*
Day 188 *seeing oneness in all*
Day 189 *finding strength from suffering*
Day 190 *Guru Purnima*
Day 191 *helping others*
Day 192 *laughter of children*
Day 193 *another blessed day*
Day 194 *time with grandchildren*
Day 195 *being a teacher*
Day 196 *dreams*
Day 197 *kindness of others*
Day 198 *good character*
Day 199 *no whining*
Day 200 *early morning quietude*
Day 201 *ability to stand up no matter what*
Day 202 *precious time*
Day 203 *dancing with my hubby*
Day 204 *organization*
Day 205 *everything is perfect*
Day 206 *being happy*

Day 207 *good healthy food*
Day 208 *kindness of others*
Day 209 *giving things away*
Day 210 *being responsible*
Day 211 *girlfriends*
Day 212 *comfy & soft pjs*
Day 213 *practicing forgiveness*
Day 214 *learning new things*
Day 215 *phone calls from friends & family*
Day 216 *being faithful*
Day 217 *helping children grow into strong adults*
Day 218 *being happy for others blessings*
Day 219 *clean home*
Day 220 *waking up early with no alarm*
Day 221 *classic R&B*
Day 222 *age is just a number*
Day 223 *strength from my past*
Day 224 *patience & understanding*
Day 225 *love always wins*
Day 226 *seeing love in all*
Day 227 *making someone smile*
Day 228 *changing tears into smiles*
Day 229 *genuine kindness*
Day 230 *pure joy*
Day 231 *faith in the truth*
Day 232 *wealth is more than how much money you have*
Day 233 *helping others in need*
Day 234 *not being competitive*
Day 235 *reliability*
Day 236 *determination*
Day 237 *going beyond desires*
Day 238 *non-violence*
Day 239 *birth of my beloved husband*
Day 240 *patience & devotion of pets*
Day 241 *God's purpose*
Day 242 *healing powers of essential oils*
Day 243 *seeing people come together to help others in need*
Day 244 *true love*
Day 245 *open heart*
Day 246 *seeing God in everyone*
Day 247 *new beginnings*
Day 248 *loving people more than things*
Day 249 *time to rest*
Day 250 *not panicking*
Day 251 *positive thoughts*
Day 252 *writing & receiving letters*
Day 253 *strength when you didn't think you had it*
Day 254 *true & pure love*
Day 255 *God's unconditional love*
Day 256 *inspirational word*
Day 257 *beautiful flowers*
Day 258 *being happy*
Day 259 *reading scriptures*
Day 260 *uplifting others*
Day 261 *enjoying children's laughter*
Day 262 *no fear*
Day 263 *sweet dreams*
Day 264 *divine mother*
Day 265 *the beach*
Day 266 *ocean waves*
Day 267 *honoring commitments*
Day 268 *planting seeds*
Day 269 *trips with my beloved*
Day 270 *not being a prisoner of your past*
Day 271 *attitude of gratitude*
Day 272 *respect*
Day 273 *no fear*
Day 274 *inspiring teens*
Day 275 *lifelong friends*

Day 276 *grace*
Day 277 *choosing to be happy*
Day 278 *no drama*
Day 279 *seeing one in all*
Day 280 *sharing knowledge*
Day 281 *hope*
Day 282 *unconditional love*
Day 283 *the light in our souls*
Day 284 *an old soul*
Day 285 *faith that all is perfect*
Day 286 *struggles*
Day 287 *our youth*
Day 288 *gift of life*
Day 289 *rising from my past*
Day 290 *taking your health in your own hands*
Day 291 *not listening to negativity*
Day 292 *kind respectful words*
Day 293 *leaving things better than you found them*
Day 294 *new food choices*
Day 295 *kindness*
Day 296 *courage*
Day 297 *sound of rain*
Day 298 *not accepting someone saying you can't do something*
Day 299 *rising above all negativity*
Day 300 *conquering fear and doubt*
Day 301 *never giving up*
Day 302 *restful Sunday's*
Day 303 *adventures on new bike*
Day 304 *treats not tricks*
Day 305 *seeing the good in every one*
Day 306 *sweet dreams*
Day 307 *Friday's*
Day 308 *sharing the knowledge of yoga*
Day 309 *being unique*
Day 310 *giving without receiving*
Day 311 *my body is a temple*
Day 312 *beauty of eyes*
Day 313 *silence*
Day 314 *being proud of who you are*
Day 315 *good behavior*
Day 316 *non-attachment*
Day 317 *dedication*
Day 318 *time*
Day 319 *learning new things*
Day 320 *helping others with what you have experienced*
Day 321 *feeling safe*
Day 322 *first thought when waking up is fixed on God*
Day 323 *last thought before you go to sleep is fixed on God*
Day 324 *a new day*
Day 325 *love for one another*
Day 326 *being silly*
Day 327 *giving of thanks*
Day 328 *spiritual family*
Day 329 *good health*
Day 330 *being a business owner*
Day 331 *memories from old holiday ornaments*
Day 332 *Christmas lights*
Day 333 *good will to all*
Day 334 *genuine apologies*
Day 335 *snuggles*
Day 336 *spiritual happiness*
Day 337 *calm mind*
Day 338 *endurance*
Day 339 *healing naturally*
Day 340 *clean language*
Day 341 *keep fighting for everything that's good*
Day 342 *never breaking a promise*
Day 343 *always finishing what you start*
Day 344 *letting go of what is out of your control*

Day 345 compassion for others
Day 346 treating others as you would like to be treated
Day 347 we are all brothers & sisters
Day 348 being patient with the body
Day 349 loving your enemies
Day 350 being happy with what you have
Day 351 being simple
Day 352 moving past the past
Day 353 gift of grandchildren
Day 354 peace on earth
Day 355 to give not receive
Day 356 the joy a new puppy brings to a family
Day 357 not being racist
Day 358 slowing down for the holidays
Day 359 the life & lessons of Lord Jesus
Day 360 warm home
Day 361 starting a new day
Day 362 to wake up and breathe
Day 363 healing love from the ashram
Day 364 knowing when to be quiet
Day 365 the new year