Living Gratefully
5 Guiding Principles

Joy

Living gratefully sustains a deep joy that does not depend on external circumstances.

Enjoy life without conditions.

Imperfection

Living gratefully welcomes imperfections as opportunities to become more fully alive without waiting for the perfect conditions.

Release perfection to be fully alive.

Hope

Living gratefully cultivates hope as a radical stance of possibility that moves us beyond individual dreams.

Seek what is good and achievable.

Awe

Living gratefully connects you to the miraculous and mysterious nature of life.

Wake up to the extraordinary.

Belonging

Living gratefully illuminates our connection to one another and all of life.

Strengthen your connections.

Grateful Living
grateful.org