



THE GRATEFUL HEARTS CLUB



CRUMBS OF JOY

THERE IS NO JOY WITHOUT GRATITUDE
- BRENÉ BROWN



Small joys (sometimes microscopic), tiny moments or small victories. Anything that makes your lips curl upwards (even just for a moment) Please note you can be crying whilst experiencing them. If possible notice and engage in them when they arise. Ideas include but are not limited to...

A hot drink in your fave cup / birdsong / freshly washed hair (recently applied dry shampoo also counts) / sunshine through a window (even if you can't make it out) / a random act of kindness / a smile from a stranger / a chat with a good friend.

ACTIVITY

Write down everything that happens in a day. Include EVERYTHING. All the details big and small. Go back through what you've written and highlight, circle or underline anything that represents a crumb of joy. Did something make you smile? Or have the potential to? Give thanks for those moments, look out for them and notice them when they happen.

TOP TIPS FOR TURNING UP GRATITUDE:

NOTICE: When any good things happen.

ENGAGE: Take the time to fully engage in them.

ACKNOWLEDGE: Be thankful in the moment.

ADD: More of these things to your day.

SHARE: Let people know you're grateful to them.



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