



THE GRATEFUL
HEARTS CLUB



CRUMBS OF JOY

CRUMBS OF JOY: SMALL MOMENTS THAT EVOKE JOY

Tiny crumb sized moments that can be easily overlooked. Hold an accumulative effect if noticed and enjoyed (however fleetingly).

**GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH
- AESOP**

ACTIVITY

Find some words about gratitude that speak to you. It could be one word, a letter, a symbol? A poem, a song, a quote, a picture, a post it note, a screen saver, a tattoo perhaps? Anything that gives you a nudge on a difficult day. If you can, put it somewhere you can see it as soon as you wake up. This means as soon as your eyes are open, it will inspire you (even if you read it a long time before you believe it) The words we choose to surround ourselves with have more power than we realise.

THESE WORDS ABOUT GRATITUDE INSPIRE ME:



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