


# 45 Everyday Gratitude Keys

01. VALUING - Valuing simplicity.
02. TRUSTING - Life is for living.
03. LIVING - Living authentically.
04. BEING - Being thankful.
05. FREEDOM - Opportunities to choose.
06. HONOURING - Honouring the sacred.
07. FINDING - Finding connection.
08. LISTENING - Listening with intent.
09. ACCEPTING – Accepting what is.
10. ASKING - Asking for help.
11. LOOKING - Looking inward.
12. LOVING - Loving and being loved.
13. FORGIVING – Forgive for your well-being.
14. WONDERING - Wondering at the mystery.
15. DEVELOPING - Developing insight.
16. ACCEPTANCE - Accept who you are.
17. STANDING - Standing in uncertainty.
18. GROWING - Growing in wisdom.
19. BASKING - Basking in abundance.
20. DARING - Daring to dream.
21. REMEMBERING - Remembering blessings.
22. NOTICING - Noticing beauty.

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23. LETTING - Letting go.
  24. SPARKLING - Sparkling with creativity.
  25. EMBRACING - Embracing change.
  26. SEARCHING - Searching for meaning.
  27. ALLOWING - Allowing stillness.
  28. GIVING - Giving without conditions.
  29. RECOGNISING - Recognising possibilities.
  30. SEEKING - Seeking balance.
  31. RETURNING - Returning home.
  32. WORKING - Working with purpose.
  33. WELCOMING - Welcoming others.
  34. LASTING - Lasting the distance.
  35. IMAGINING - Imagining the future.
  36. HEARING - Hearing the message.
  37. DANCING - Dancing the joy.
  38. LEARNING - Life-long learning.
  39. STRUGGLES - Lessons in the struggle.
  40. CELEBRATING - Celebrating the difference.
  41. LOOKING - Looking for signposts.
  42. SHARING - Sharing your gifts.
  43. WALKING - Walking through shadows.
  44. TOUCHING - Touching the sky.
  45. STRETCHING - Stretching your comfort-zone.