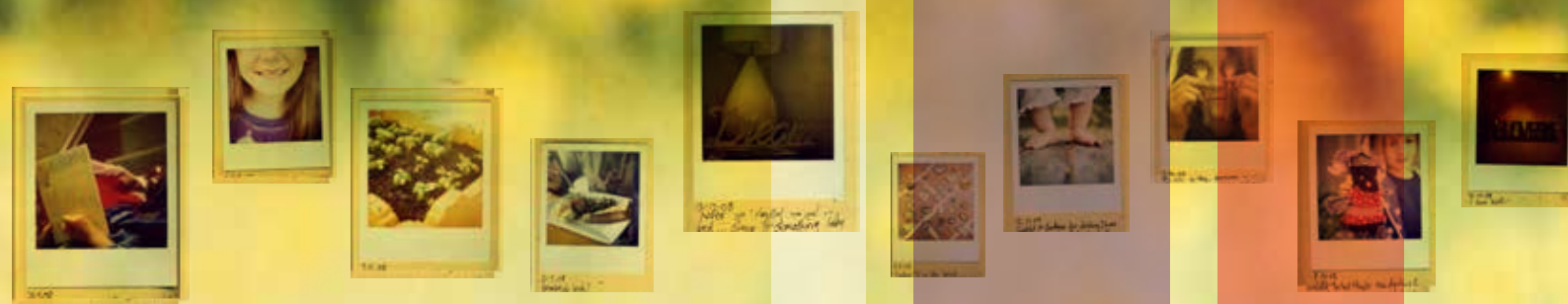


10 Grateful Projects



365 grateful

A documentary about living
on the sunny side of life

A little about this project and book

It all began back In 2008. I was feeling really down. It seems strange now to say that because I can't think of a good reason why I should have been, but I know I felt incredibly out of sorts with life. It was like I knew in my head I had it good but I really wasn't enjoying myself!

I started seeing a Nun who did life coaching and counselling. She was brilliant and told me the secret to happiness. According to her it was all about reflection and gratitude. She asked me to try it out each night and write something down about my day that I was grateful for. So I did.

It really amazed me how quickly I began to notice things that I otherwise would have missed. I remember sitting on my bed one night and realising that the little moments I was thinking through were really special and if I had not taken the time to notice them they would be lost forever.

It shocked me how much I had missed and so I started to take the project seriously and got a beautiful album and ordered enough polaroid film to see me through a year! (and lucky I did!)

Taking one photo every day for a year of something I was grateful for really re-programed my brain. I couldn't believe how much gratitude affected my life. Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too. It was not long before it was hard to only take a single photo each day. The more great things I noticed and photographed, the more I began to notice the good and great moments in my life and want to capture them.

I shared my first polaroid project on Flickr. From there a group was formed and others began their own version of this project. The idea was spread by articles in FRANKIE and NOTEBOOK magazines.



It has been amazing to see others interpret this idea in their own way and yet come to very similar results. This eBook contains just 10 of the many ways creative people all over the world have expressed their gratitude.

My hope is that with the help of these suggestions, you too will be able to discover more about the power of gratitude in your life!

All the very best,

Hailey

hailey@365grateful.com

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Text and photography by Hailey Bartholomew
Design by www.youcantbeserious.com.au

365 grateful

Daily iPhone picture sent to social media

After completing my first grateful project using Polaroid film I wanted to continue the project but didn't want to continue buying Polaroid film!

Around this time Facebook was getting popular and then a little while later Instagram came along.

As we all know, it's now so easy to post pictures of everything you're grateful for straight away to either of these platforms.

Friends and family are immediately able to share the little happy moments in your life!

You can be involved with our community by tagging your pictures #365grateful.

Happy snapping! ;)



Turn your table into a daily grateful project for the whole family



A very simple and fun way to express your gratitude

This idea is so easy!

1. cover your dining table in paper
2. leave texta's and fun pens on the table. (Yes, even while eating!)
3. discuss and draw while you are eating and chatting and hanging out at the dinner table.

We did this project and I was thrilled to see just how many things the kids could think up... from toothbrushes to grateful for the beach. It was a great way to discuss and develop gratefulness as a family.

I am grateful for my
Blythe Doll... very kicky

Tiny treasures hanging around your neck

Here's a fun project that will make sure you're never far from a reason to be grateful!

You can purchase these beautiful little books from the very wonderful ETSY – www.etsy.com.

Each day when you notice a special moment or see something you're grateful for, why not write the date and a little message to remember this by?

At the end of a (tiny writing) year you will have a beautiful book filled with treasures that will inspire you for a long time to come.





Pin board

This project is practically a piece of art!

It's also a great family or group house project that you could be enjoying in three easy steps.

1. Paint a big blank canvas your favourite colour.
2. Bend wire or cord around the canvas in horizontal and vertical directions. Purchase a packet of little pegs and clips to hang off your wire.
3. Start collecting and peg away! Could be movie tickets or love notes or photos of friends or maybe a leaf found on the pavement...

This is a pin board with varying content that fills and changes as the months go by.





Small canvas paintings

Kindly supplied by Christy Nebauer

Is painting more your language? How about a wall of mini canvasses?

Here's what you'll need:

- 365 tiny blank canvasses
- loads of great paint in various colours of choice
- paint brushes
- a place to be still and paint your mini-masterpieces

Each day, meditate on what you're grateful for as you paint a little picture. Very soon your wall will be filled with pretty pictures and your heart filled with happiness as you view all the things you have to be grateful for!

If you don't have time for one a day, how about trying one a week instead? 52 little canvas paintings is still going to be an impressive grateful project.

Inspiring ideas for kids – Page 1

It is so wonderful to inspire kids to be grateful!

When gratitude affected me so much, I started to look for great ways to share the idea and project with my kids (while not letting them use my polaroid film!)

Taking time once a week or every few days we sat down together and created a space to document these moments.

Not only will the project be a beautiful thing to look back on as they get older, but their brains are being trained to look for the good in life. With the media always telling our kids what latest thing they must have, this is a great antidote!

Ideas and options

- Take a digital photo and print on small printer. Paste into your book or diary and write a story about the photo.
- Draw a picture of what you're most grateful for that week. Date and colour it in.
- Help your kids write a list of things they're grateful for and stick it on the end of their bed. Before bed at night add to the list.
- Combine all these options into a beautiful scrapbook where leaves and letters and other treasures found can be documented.

It really is an amazing gift to help our kid's minds focus on the good in life, and all they have been given. It is pretty much on the top of my list of things I hope to impart to my darlings!



Take a photo of your creation



Print it out



Paste it into your scrapbook



Tell the story of your project

Inspiring ideas for kids – Page 2

Or if they don't have access to a camera and printer, how about drawing pictures and writing in a journal?



Poster

Everyone needs a poster in the bathroom!



Collect and write down as many things as you can think of that you're grateful for. Maybe spend a month writing a list or two as you go through your day. At the end of each month take time to collect and make up a cool poster that you can hang in your room or loo!



Post it notes – be grateful for yourself!

It's very interesting how hard it is for some of us to be grateful for ourselves and appreciate the good things about the person in the mirror.

In two years of doing grateful projects, I recently realised that I have pages filled with observations about other people and thoughts about external things but hardly anything positive about myself.

It was a surprising realisation.

I often have harsh or negative conversations with myself and this idea is a great way to combat this. All it involves is placing notes where you are likely to be ungrateful. This might be on the mirror or in your diary.

Think about ways you are grateful for yourself, write these thoughts on little notes and leave them to remind yourself how amazing you are!

You will need:

- post it notes in lots of colours
- a conveniently located pen
- a good think, and voila!

GRATEFUL

make
sweet
kids!

like
bad
hair

loves
good
food.

Full of
Ideas...

GRATEFUL

CRUEL

TRUE

RED

like
smile!!

sparkling
eyes

LOVE

How to make a Gratefulness quilt



How about a project to produce while pregnant?

Each month of the pregnancy (or any special time or journey), take some time to think about what you're grateful for that month and incorporate that idea into one patch of your quilt.

In nine months you will have a baby rug like no other! Also you'll have something that reminds you of the journey and how gratefulness helped you through it.

You'll need:

- fabric in variety of colours
- scissors
- a book on quilting (sadly, this is not a quilt tutorial!)



Kindly supplied by Georgia Brizuela
www.gregariouspeach.com

Scrapbook your gratefulness



How about creating something like this clever scrapbook project?

There are so many brilliant ways to create a scrapbook project focused on gratitude.

from www.iloveitallwithmonikawright.blogspot.com loves to craft and make mini albums. She created this beautiful album for her gratitude project. Monika

suggests these albums are a great way to use up all your scraps of pretty papers. Embellish with stickers and labels and words that inspire.

Most days, she did not wait until evening to record her gratitude. Monika records her thoughts when they strike her, as in years past if she waited until evening, the happy thoughts eluded her. Monika loves that most of the thoughts recorded are "in the moment." Captured almost after they happened!

For more brilliant scrapbooking ideas and techniques please see here:

www.iloveitallwithmonikawright.blogspot.com

www.iloveitall.etsy.com



365 grateful



I chose photography for my project because that was a natural choice for me – I love photography.

However we suggest you explore what suits you and that way it will be easy to accomplish and practice daily.

I'd love to hear about your ideas for projects or your own versions of these ideas. Please drop us an email at

stories@365grateful.com

Gratefully yours,

Hailey Bartholomew