

Living with Gratitude

A Christian Approach
to Making the Best of Life for
Greater Happiness & Personal Success



KRISTEN CLARK

What I Needed to Hear About
Gratitude

The Benefits of Positive Emotions

How Gratitude is
Affected by Others

Daily Gratitude in
a List

Gratitude with an
Accountability
Partner

Daily Gratitude in
Speech

Gratitude with
God's help.

Daily Gratitude in
Writing

Maintaining
Gratitude by
Avoiding HALT

www.LivingwithGratitude.com

Seeing Life
Through Rose-
Colored Glasses

Staying Grateful
Through Stressful
Situations

Understanding
How Gratitude
Affects Others

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How Gratitude
Affects Others

**Accepting the Past
And Moving Toward the Future
With Gratitude.**