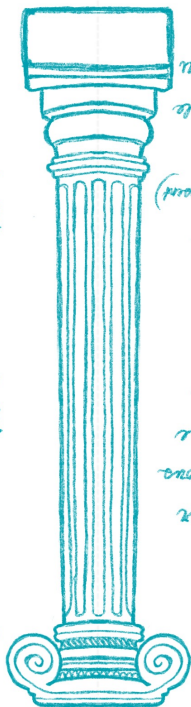


thanks to:
who taught me:

thanks to:
who taught me:

thanks to:
who taught me:



give thanks
like an emperor
(no toga required)

Roman emperor and philosopher
Marcus Aurelius wrote his famous
journal "Meditations" by listing the
people in his life that he has
learned from.

Try it! Pick three people and
write down one thing
you are grateful they
taught you (past or present)

Donna points if you
actually tell three people
how they inspired you



I am grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

10 lines, 10 moments, 10 anything. It doesn't
have to be big - the perfect cup of tea,
the sound of rain, something on the radio.
Come to mind in exactly 10 seconds.

hello friend

There is my very first attempt
at making a zine - a teeny thing,
anything really one (and I made it
just for you!)
I wanted to focus on something
accessible (not just ideas for once lol)
and what better place to start than
gratitude?
Sometimes I look at my own small,
precious life and am overwhelmed by
how lucky I am to be here, someone
this zine is an tiny little reminder to
pause and notice the magic tucked into
the mundane.

Thank you, you

It's easy to focus on all the
stuff you messed up (been there,
done that lol), but your resilience,
your humour, the fact that you
keep going, even when things are
tough - all that deserves some
proper gratitude too!

Seriously, pause for the small yet
big things you do: the times you
chose kindness, that time you made
a scary choice, or tbh, just for
getting out of bed and braving the
horrors of existence (we're all so
brave for that one, seriously)

A short brag list things you're proud of:



MINI

gratitude scavenger hunt

- ☆ a sound that makes you smile
 - ☆ the perfect spot of light in
your room (or outside)
 - ☆ something that makes you
feel cozy
 - ☆ a texture you're glad exists
- keep up the noticing! :-)
- and thank you so much for
reading this zine, I am truly
grateful for you

Your
itty bitty
seemy tiny

Gratitude Zine

your name →

...

made by Corinna