

HELPING PEOPLE IS ONE WAY
OF EXPERIENCING GRATITUDE.
HOW CAN YOU HELP PASS ON
THESE LESSONS TO OTHERS?

WHO TAUGHT ME:

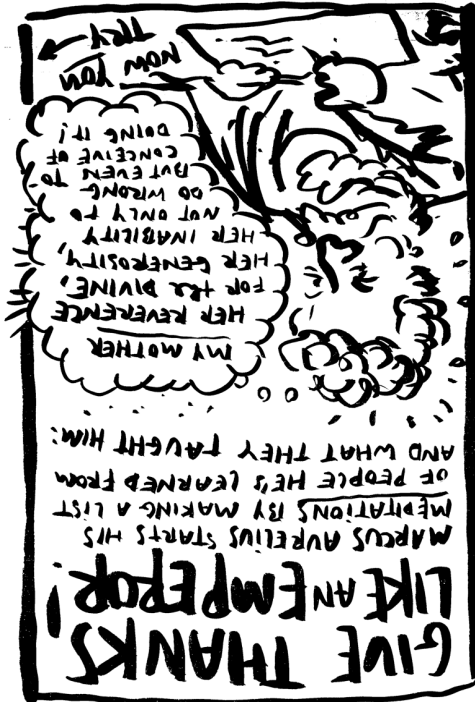
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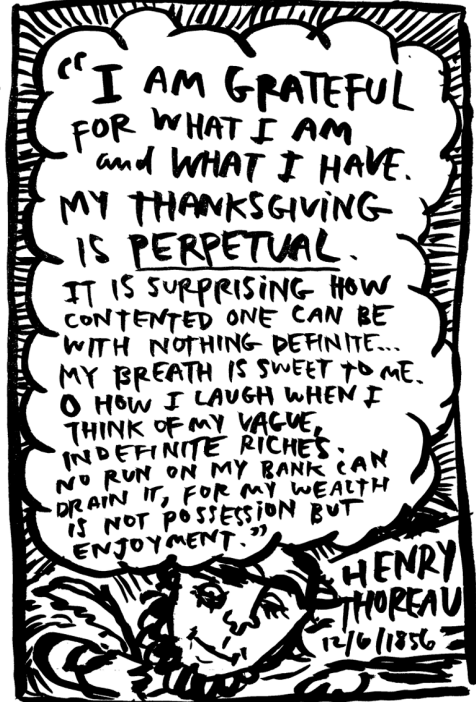
A SIMPLE LIST OF 10 - YOU CAN DO IT!!! MUNDANE + BORING IS GOOD.

I AM THANKFUL FOR

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

IT IS POSSIBLE TO HAVE EVERYTHING AND FEEL NOTHING!
IT'S POSSIBLE TO BE ALIVE and FEEL DEAD!
HERE ARE SOME EXERCISES THAT HELP US CULTIVATE GRATITUDE and BE AWAKE TO WHAT'S GOOD IN MY LIFE.
-AUSTIN KLEON

WHAT DO YOU LOVE TO DO? NOT NOUNS, OR OBJECTS, BUT VERBS THAT GIVE YOU JOY...



HOW WE SPEND OUR DAYS IS HOW WE SPEND OUR LIVES. -ANNIE DILLARD
HOW COULD YOU SPEND MORE TIME DOING THESE VERBS?

THIS IS A ZINE YOU CAN PRINT OUT AND SHARE WITH OTHERS!

FOLD IT IN HALF 3 TIMES. CUT OR TEAR ALONG THE DOTTED LINE and FOLD IT INTO A BOOKLET.

A VIDEO SHOWING HOW IT'S DONE and MORE ZINES HERE:



AUSTINKLEON.COM/ZINES

