

A photograph of a person's hand holding a tall glass filled with vibrant green juice. A lime wedge is perched on the rim of the glass. The person's fingernails are painted a matching green. The background is softly blurred, showing hints of a floral pattern.

The Art OF THE GRATITUDE LIST

BY MADELYN MULVANEY

It's been recommended in a number of books to write a daily gratitude list, recording all that you feel thankful for. Those who have completed that exercise know that it can become repetitive, repeatedly recording appreciation for a roof over their head, their health, and more. While these are obviously things to be grateful for, there are plenty of other things to jot down, if only you pay attention. We were smitten with Madelyn Mulvaney's gratitude list and its extensiveness.

A Toast (of Green Juice) to Gratitude

It's been far too long. Far too long since I made a list of the abundance overflowing in my life — and my exaltation, my gratitude for all things I cherish.

So. Here. Now. I. Celebrate.

1. The love I share with my family and friends, and the ways I am moved daily to make a difference in our exquisite world
2. My dogs, Roxy and Lucy, and my daughter's puppy, Romeo
3. The dancer's pose in yoga
4. Dark chocolate—joy bars
5. Spice — all spice — especially Indian!
6. Fresh, homemade pizza dough and the way he makes the toppings sing
7. Green, violet, silver, gold
8. Conversations with my kindred friends — deepening, opening
9. Seashells and sea glass, and driftwood and bones
10. Love letters (I want to write more)
11. My always-present Pete, who has a heart of gold and shows up every second, every day for our family/children in rain, and in sunshine, with unconditional love
12. Running water (my bath!)
13. Vegetables (and green juice drinks)
14. My hands — to hold my beloveds with — for hugging and touching and connecting — love makes me hold the world differently, always
15. Meditation (on the couch, on the beach, in the beam of sunlight beneath the giant sequoia trees)
16. My sweater collection (thrifed!)
17. The mountains and the sea of my beautiful sea to sky Vancouver
18. Wild raspberry bushes
19. The old and wonderful violet-tinted windows of my house
20. My house (circa 1941)
21. That I am loved (oh, thank you, thank you, thank you!)
22. That I love (times infinity)
23. My past and my present ... and the morning sun
24. Tea
25. Morning coffee
26. Sunday mornings
27. Bonfires (especially on the beach!)
28. Sailing with Michael »

- 29. Wine: organic, red, full-bodied, smooth
- 30. Autumn
- 31. Elephants (luminous elephants too)
- 32. Colorful pens and my sketchbooks
- 33. My studio
- 34. Snail mail
- 35. Nests and eggs
- 36. Books (reading “the power of now” at present)
- 37. My feet
- 38. Rose quartz
- 39. Wild salmon
- 40. This quote: “Open the window in the center of your chest and let the spirits fly in and out.” (Rumi)
- 41. Teaching! Oh, my glorious spirit! I love teaching!
- 42. All the gifts of teaching I have been blessed with ... students who have taught me the power of an open heart, an open mind
- 43. My lovely laugh lines
- 44. My bicycle
- 45. My voice
- 46. My children’s laughter (oh, oh, oh!), all laughter anywhere anytime
- 47. All beautiful things that are wild and free

48. Creativity — my sweet muse (after a bit of creative block or perhaps the natural ebb and flow of such things, the spirits are flying in and out and hatchlings murmur in their awakening)

- 49. Joy
- 50. Random acts of beauty and love
- 51. Twinkle lights
- 52. Perfume
- 53. My camera
- 54. My Kate Spade notebooks in my satchel, gifted to me by my daughter Tess
- 55. This moment, now (and I love that we are all in this together)

Madelyn Mulvaney believes in love and magic and exquisite human connection. She lives in a darling little house in the mountains and belongs to a very happy family. She cherishes her children, Tess and Noah with all of her heart and soul, and you can share more of her beautiful life at madelynmulvaney.com.

Most gratitude exercises suggest making a list of three to five items; we think that’s too limiting. Selecting so few forces you to choose what you consider to be the most important. Challenging yourself to keep a long list demands for you to be creative. ~

Fill this page up with your gratitude list. When we say to fill it up, we mean it. Write along the paper edges. Write in the margins. Cover this page up with all you’re thankful for.