

Day 6-10 Look For The Good Gratitude Prompts:

Day 6

Paula Ricci writes:

I was cycling this morning and came across a family creating this sign along the road. It inspired me to write a poem. Enjoy and feel free to share.

Count Your Blessings

It seems to us
These crazy times
We've landed in a mess
Perhaps its time
To change the lens
To see how we are blessed

The sun still shines
The wind still blows
The oceans calm our souls
We walk alone
With time to think
Our minds have not been sold

Laugh out loud
Sing a song
Good thoughts you can fulfill
Don't let this take
Away your joy
Your courage or your will

Just look around

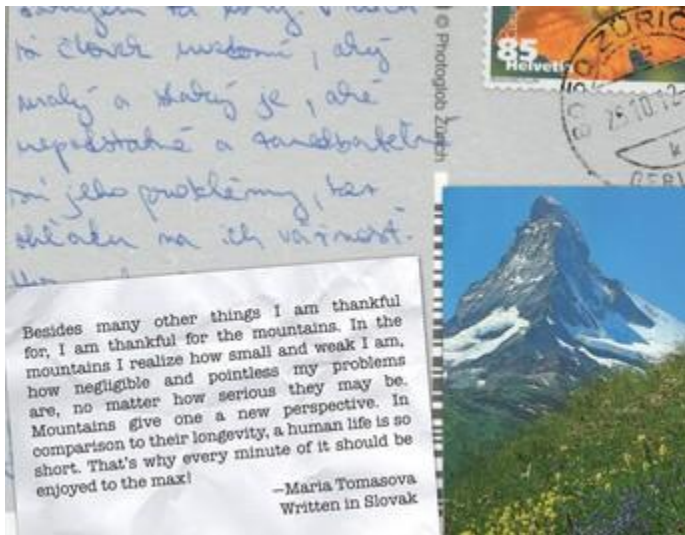
And then again
It's funny what you'll find
A person who
You may not know
A stranger who is kind

A word, a glance
A look or two
A smile from afar
Can change a day
Can change a life
Can be a shining star

Although your loves
Are far away
Their hearts are very near
Feel them close
And in your soul
There's nothing you should fear

We are not sure
Of what's to come
Each day we keep on guessing
But one thing that
You can do now
Is Stop and Count Your Blessings

Count your blessings! What is #6 on your list, post it on the [CES 2020 Look for the Good Gratitude Wall](#).



Day 7: A few years after this card was sent in to the Look for the Good Project, rocket scientist and photographer Drew Hess decided to add purpose to a world trip. He spent over \$20,000 of his own money to travel, giving up a spot on "The Bachelorette" so that he could connect with people in the heart of the Ecuadorian Amazon, the salt flats of Bolivia, and atop a 19,000 foot mountain, to ask them all what they were grateful for. From these interviews, Drew helped us create a book called [Together We Rise](#) to raise money for our scholarship program (thank you Drew!). Please watch the [video to see some footage](#) from where Drew traveled (it's epic!).

What is one place you have traveled that you are grateful for?

Tell us about it on our [CES 2020 Look for the Good Gratitude Wall](#).

Day 8: Commit to doing one kind thing for yourself today. Taking a walk, calling a friend, carving out some time to meditate or read a book... what's one thing you could do today which is just for you? **Post what you did for yourself today on our [CES 2020 Look for the Good Gratitude Wall](#).**

Day 9: "Wind in my face, breath in my body, love in my heart to share." - Anonymous, written with chalk on a "Gratitude Door" placed in Central Park in 2013.

Take a deep breath! What's one thing that makes YOU grateful today? Write it on a post-it and tape it to your wall, and post on **our [CES 2020 Look for the Good Gratitude Wall](#).**

Day 10: What is your favorite way to enjoy nature? (i.e. walking in the woods, sitting on the beach, or hiking in the mountains, etc.) Post your gratitude for this place on **our** [CES 2020 Look for the Good Gratitude Wall](#).