

T H E

# Gratitude

GRAFFITI

P R O J E C T™

Join us!

## Building a Groundswell of Gratitude

Oct. 13-Nov. 11

30 days of practice

[www.thegratitudegraffitiproject.com](http://www.thegratitudegraffitiproject.com)

Facebook: [gratitudegraffitiproject](https://www.facebook.com/gratitudegraffitiproject)

Instagram: [#gratitudegraffiti](https://www.instagram.com/gratitudegraffiti)

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Only one day for Thanksgiving? Nah! We say every day should be a thankful day.

The Gratitude Graffiti Project helps you learn to practice gratitude and be creative in expressing it. For 30 whole days! (Or for life)!

TGGP 2014 kicks off Thanksgiving Day, Oct. 13th, building a groundswell of gratitude for 30 consecutive days until Remembrance Day, Nov. 11th.

All you need to do is find a Gratitude Stop near you, go inside, grab a marker and tell us what you're grateful for that day. Repeat the next day!

Better yet, become a Gratitude Stop yourself and let your whole community share their gratitude.

Go to [www.thegratitudegraffitiproject.com](http://www.thegratitudegraffitiproject.com) for a list of Gratitude Stops and more info on how to join this infectious movement.

Gratitude is a simple practice that is directly linked to the increase of an individual's happiness – so simple it's often overlooked.

TGGP aims to be your gratitude reminder.



Remember:

I am grateful.  
Pass it on.

Let's build a groundswell of gratitude together!