



# A Year to be a Grateful Author

Take Time Daily  
to  
Focus on the Positives

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



“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.”

~ A.A. Milne, Winnie-the-Pooh

Write down at least one thing that went well for each day of the week. It could be something to do with your writing or anything else. The goal is to keep focused on the positives.

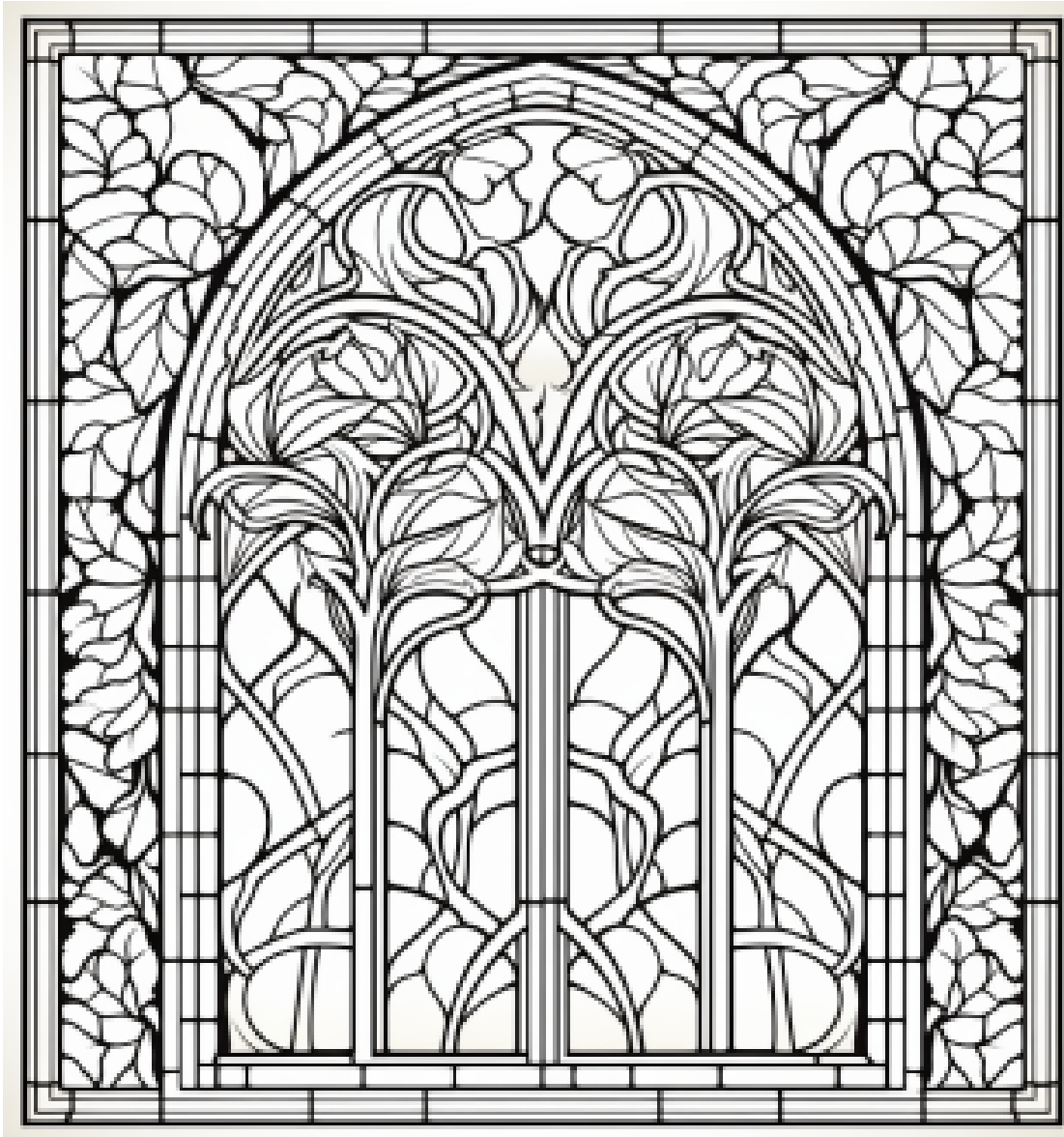
# January

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"Enjoy the little things, for one day you may look back and realize they were the big things."  
-Robert Brault



“We must find time to stop and thank the people  
who make a difference in our lives.”  
~ John F. Kennedy

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“When I started counting my blessings, my whole life turned around.” ~ Willie Nelson

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“The essence of all beautiful art, all great art, is gratitude. ~ Friedrich Nietzsche

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“Gratitude opens the door to... the power, the wisdom, the creativity of the universe.” ~ Deepak Chopra

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“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.” ~ John Milton

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“Gratitude is a quality similar to electricity; it must be produced and discharged and used up in order to exist at all.” ~ William Faulkner

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"This a wonderful day. I've never seen this one before." ~ Maya Angelou

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"A grateful mind is a great mind which eventually attracts to itself great things." ~ Plato

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"When one door of happiness closes, another opens;  
but often we look so long at the closed door that we  
do not see the one which has been opened for us." ~  
Helen Keller

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“The real gift of gratitude is that the more grateful you are, the more present you become.” ~ Robert Holden

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"Something so simple, but it's important to take the time out from living and just appreciate what you've got right in front of you..." ~ L. A. Fiore

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# December

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## Empowering Affirmations

Before you start your day or when you're having a hard time, read this list to remind you that a bad thing doesn't make you any less worthy.

I am a talented, passionate writer.



I enjoy writing.



My imagination is a gift that I give freely to others.



I have the ability to write whatever I want.



Imagination and creativity are limitless.



I paint pictures with words that other people enjoy.



Not everyone will like my writing but many will love it.



Constructive criticism helps me improve.



I have the potential to be a successful author.



My best work is yet to come.

# PARK YOUR PLOT BUNNIES

A place for those pesky ideas that you don't have time to use yet.



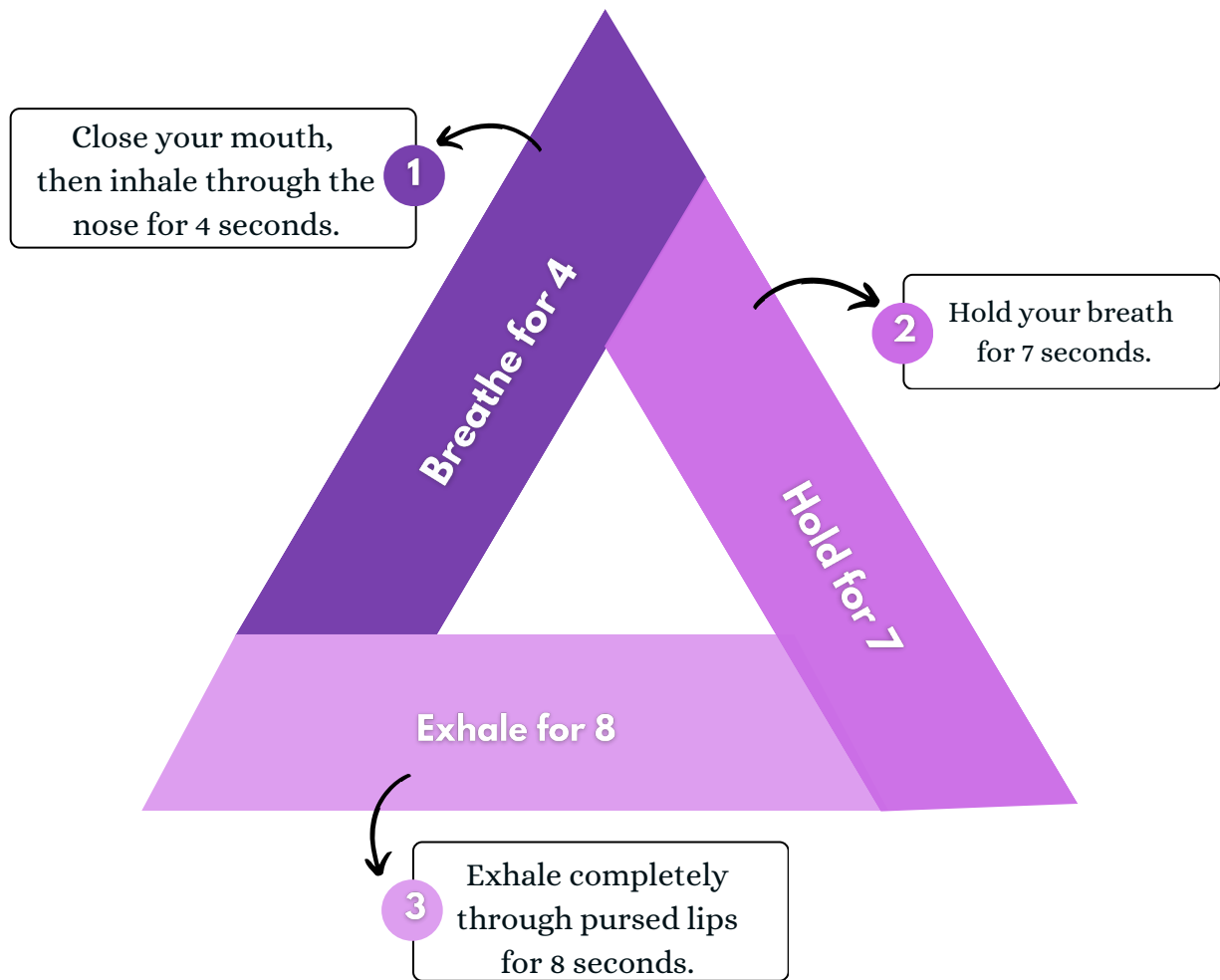
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# Triangle Breathing

## Remember to Take a Break!

You don't have to have it all figured out to move forward... just take the next step..



## How to Practice the 4-7-8 Breathing

Find a comfortable place to sit with your back straight. Place your tongue against the back of your top teeth and keep it there. Exhale completely through your mouth around your tongue, making a whoosh sound. Purse your lips if it helps. From here, follow the triangle breathing exercise above. This completes one cycle. Repeat for three more cycles.