

# 365 Days Grateful

Website: <http://365grateful.com/>  
Youtube Video: <https://www.youtube.com/watch?v=Aedlvmd8MJA>  
TED Talk: <https://www.youtube.com/watch?v=zaufonUBjoQ>

## Introduction

In 2008 Hailey Bartholomew was feeling down about her life. She decided to take a picture everyday to make her appreciate all the small things that make her happy everyday.

## Warm-Up

Tell people in your class 10 good or happy things that have happened to you recently. They do not have to be big things.

Examples:

*I had a delicious burger yesterday.  
My friend liked my Instagram post.*

*Me and my friends had a nice chat this morning.  
I will go on a road trip this weekend.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Listening - YouTube Link

### Watch and Listen to the Video. Answer these Questions

Who gave Hailey advice? What did the person say?

What does Haley say about her husband?

What did she notice about nature by doing the project?





## Transcript

(Laughter)

A few years ago I was really struggling with life. I felt like i had everything I needed but just wasn't happy. And I felt like life was a treadmill. I was lost. I didn't really enjoy being here. And then, I went and saw a nun.

And she had some really wonderful advice for me. She said "Hailey, the secret to happiness is reflection and gratitude". She said "Take time everyday and think through your day. See if there is anything your can be genuinely grateful for".

So I did. For ten days I did this little project. I wrote down things. Very quickly I realized there were amazing things I would've missed if I hadn't been doing this. Being a photographer I decided to do a photographic project called 365 grateful and take a photo a day of something I was grateful for every single day for a year.

It changed my life in ways I never could have expected. The first thing I noticed was my husband. He is a beautiful man a great husband but he was never very romantic. And I had kinda labeled him as that. But then doing this project I started to see things I over wise would've missed. And there was some beautiful moments and things he was doing that I, in the business of everyday, wouldn't have even seen if I hadn't been doing this 365 days grateful project.

I took a photo one day of a piece of pie that he gave me. We were sitting down for dinner and there were two pieces of pie left in the tray. The first one was a little bit scungy and sliding a little and the other one had a great big crust, it was a corner piece and it was delicious and big and he, without even thinking, put the biggest and the best piece of pie on my plate. And I was just astounded because I realized that everyday he was choosing me and thinking of me. It made me see him for the first time and I was just so grateful. At the end of this project he actually said to me I feel like I a enough for you now. And that was just incredibly beautiful for me.

Another thing I noticed was how connected I felt to nature. I felt like there were beautiful beetles landing on my shirt. And Id see them and Id think 'WOW' I am honoured you are here. These other little beautiful pieces of nature that I otherwise would have been rushing past and going 'ah, cute, yeah, yeah'. But doing this project pulled me right into the moment and seeing what was really good about my life and the beautiful things around me that were on display for me to see. I though to myself 'wow, I should watch where I am stepping'. Honor the earth that I am on. And be grateful to be here. I am so lucky to be alive and see this display everyday. And that also made me feel connected to the universe and god or something bigger and more powerful than me.

Not only did this 365grateful project help me it spread through Flickr, Facebook, and magazines and blogs. People started doing their own grateful projects and their friends started doing their own grateful projects. Very quickly I started to get some amazing emails from people sharing their stories with the project and how it effected their lives.

[www.365grateful.com](http://www.365grateful.com)

Thanks

