

REAL EYES REALIZE “Knapsack for Grateful Living”

Tool Description – Tell Us More ...

In talking with **REAL EYES Realize** podcast guest Kristi Nelson, the nuggets of wisdom shared were bountiful and sacred. Kristi is a cancer survivor, devoted teacher, executive director for [A Network for Grateful Living](#), and author of [Wake Up Grateful: The Transformative Practice of Taking Nothing for Granted](#). She offers us these tips for Grateful Living.

Consider This ...

Pillars of Grateful Living in the Eyes of Kristi Nelson:

1. Life is precious; Life is short; Life is a Gift.
2. Everything is a surprise; Stay open to wonder.
3. The Ordinary is Extraordinary.
4. Appreciation is Generative.
5. Love is Transformative.

Writing Prompts for Further Inquiry:

- The things I take for granted that are longing for my appreciation are ...
- If I lived more fully awake to what matters to me, I would ...
- I gain a more grateful perspective when I ...

Favorite Books and Poems:

- * **Grief Becomes You** by Maya Stein
- * **How to Love the World. Poems of Gratitude and Hope** edited by James Crews
- * **Otherwise** by Jane Kenyon
- * **When Death Comes** by Mary Oliver

