



Grateful Living

2025 Program Guide

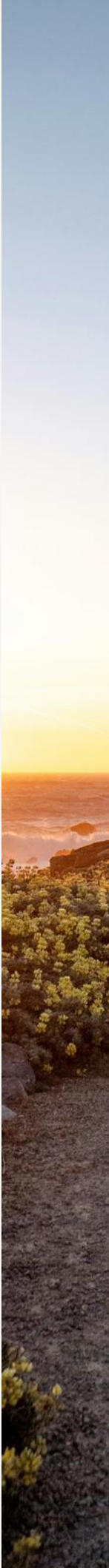
PLAN YOUR GRATEFUL YEAR

www.grateful.org



TABLE OF CONTENTS

01	WELCOME TO 25 YEARS OF GRATEFUL LIVING	01
02	PRACTICE	02
03	COMMUNITY	03
04	EDUCATION	04
05	INTRODUCING THE PRACTITIONER CIRCLE	07





Welcome to 25 Years of Grateful Living

This year, we celebrate 25 years of empowering our global community to live more gratefully. Our founder Br. David Steindl-Rast, the pioneer of interreligious dialogue, the Grandfather of Gratitude, and the beloved scholar reminds us, “Every step is part of the spiritual journey.” As we look ahead with excitement and anticipation for our future, we will also look back at our work and all that was birthed 25 years ago.

In this milestone year, we give thanks for all of the hands and hearts that created and sustained this movement. Tending to a more peaceful, just, sustainable, and grateful world is our shared work, but it begins with the personal transformation — the heart, mind, and soul work — that emerges from individual practice.

Whether you are new or have spent the past quarter century here, we invite you to take your next step with us as you seek to enliven your life with Grateful Living.

To support you, we are sharing our offerings for the year ahead within each of our core mission areas: practice, community, and education. This year is designed to sustain your practice, deepen your perspective, and empower you as you meet the unfolding joys, sorrows, and uncertainties ahead. However your uniquely beautiful life speaks to you, we will be here to help you listen.

May our grateful hearts reflect all that is given...

The Year Ahead

PRACTICE

Enhance your daily practice with our library of free resources.

Bring Gratefulness to Your Inbox

- **Grateful Offerings:** Live a more grateful life with this monthly guide including a curated collection of daily practices, original essays, reflections, poetry, videos, and more
- **Word for the Day:** Orient to the day with a grateful perspective by pondering our daily quote

[Subscribe to our free email offerings here](#)

“Thank you for making each day a day of gratefulness. It helps put my life on the right track.”

–Juleen H.

Free Online Resources

- Explore our [always-expanding archive](#) of original essays, practices, and videos to learn more about living the grateful life
- Try more than 25+ [daily gratefulness practices](#), all available for free anytime
- Deepen your practice by answering our [daily reflection question](#)
- Send a [free eCard](#) to express your gratitude and tell someone they matter
- [Light a Candle](#) to hold light where you see darkness



COMMUNITY

Grateful Gatherings

Grateful Gatherings take place monthly around the globe — in homes, work places, community spaces, and online. Hosted by trained facilitators, Gatherings provide meaningful fellowship, conversation with purpose, and practical tools for anyone seeking a meaningful, flourishing, and joyful life. Join the conversation, or start a Grateful Gathering of your own.

[Join the movement!](#)

“To be able to create a sacred space where people feel safe to open up and be vulnerable is such a blessing! So grateful for this organization and all the care that is put into the resources for these monthly gatherings.”

—Christine Z.

Online Community

Practicing gratefulness during times of adversity and uncertainty is hard. Find support, belonging, and inspiration by joining our global practice community. Join today with a free grateful.org profile.

[Get started here](#)

EDUCATION

Maintaining the benefits of living gratefully requires daily practice. Our educational programs provide tools, perspectives, and rich learning for practitioners seeking to sustain gratefulness as their orientation to life.



Delivered as a 5-day series of emails, our Pathways provide guidance, inspiration, and practices to help you cultivate a more grateful life. Each day contains a rich collection of essays, poetry, music, videos, and research that explore grateful living principles and themes.

Enliven Your Spirit

February 24 – 28

The word spiritual comes from spiritus, meaning the very breath that enables life. Enliven your spirit with grateful living practices that will grow your spiritual toolbox.

Stop.Look.Go

May 12 – 16

Transform any situation with this foundational grateful living practice. Stop.Look.Go offers practical tools to help you pause, widen your perspective, and chart a meaningful path forward.

Reclaim Play

July 12 – 16

Join us for our annual free Pathway in celebration of Br. David's 99th birthday. Awaken your playful spirit and bring more joy and connection to your daily life.

Awaken Your Revolutionary Spirit

October 20 – 24

Take courageous action on behalf of what you cherish, and contribute to a thriving world for yourself and others. Deepen your commitment to manifest your individual sense of gratefulness through tangible expressions of care for the greater good.

“Thank you for this amazing Pathways program. I feel like it transformed who I am in a really fundamental way. It has been life changing and I'm so grateful.”

–Trish C.



COURSES

Our dynamic courses offer a deep dive into the principles, themes, and practices of grateful living. Each course includes essential teachings, meaningful learning in community, and inspiring, research-based toolkits that provide daily practices, guided reflections, and a vibrant collection of poems, videos, essays, and music.

The Anatomy of Gratefulness: Say Yes to Life

April 1 – 22

This year’s new course offers transformative principles and practices to help you discover greater meaning in everyday life. Through a combination of direct teaching, multimedia resources, and community connection, we will share tools for living gratefully in times of struggle and ease, heartache and joy. Whether you’re new to grateful living or a long-time practitioner, The Anatomy of Gratefulness will help you say yes to life!

“I absolutely loved this course!! The speakers, teachers, and abundant materials will stay with me and help me to continue practicing gratefulness each day. Something has shifted for me, and I am grateful.”

–Marian M



RETREATS

Our retreats offer an immersive and joyful learning experience rooted in spiritual teachings, current scholarly research, and practical application. They are designed to tap the deep well of possibility in living gratefully and offer the chance to explore, learn, and practice with others.

Revolution of the Heart

December 5 – 6

Our annual, year-end retreat invites you to slow down, reflect, and prepare to journey with joy and intention through the closing days of the year. Through carefully curated resources and soulful facilitation, the retreat offers a beautiful online space in which to nourish your heart as you approach the threshold of a new year.

“I feel a new sense of aliveness — it's truly beautiful, and I'm still in awe of how the retreat leaders managed to create such a comforting and inspirational retreat.”

–Helen S.

2025 Educational Fees



PATHWAYS

\$35



COURSE

\$275



RETREAT

\$125

We are committed to keeping all of our educational programs 100% accessible. Scholarships are available upon request.



INTRODUCING THE PRACTITIONER CIRCLE

Our work is funded entirely by individual donations and modest fees for our educational offerings.

By joining The Practitioner Circle, you receive full access to all of the programming listed here and, most importantly, you help us offer scholarships to those who cannot afford to participate.

How it works:

Join for \$375 and receive access to our 2025 Pathways, Course, and Retreat (\$505 value). You'll receive instructions from us on how to access all program materials

[Learn more and join The Practitioner Circle](#)





Grateful Living

Learn more at grateful.org