

A NETWORK FOR  GRATEFUL LIVING
gratefulness.org

2017 Annual Report

A NETWORK FOR GRATEFUL LIVING

Annual Report | October 2016 - September 2017

Our Values

Our **Core Organizational Values** guide every aspect of our work, and are expressed and advanced through the practice of Grateful Living, which:

- Reveals that **everyone belongs** and **everyone is valued**
- Generates an experience of **oneness** and **interconnectedness**
- Deepens **love, compassion,** and **respect** for all life
- Cultivates a sense of **sufficiency** and **abundance**
- Awakens **kindness** and **generosity**
- Inspires the **impulse to serve with humility**
- Contributes to the **healing of body, mind, and spirit**
- Unleashes **joy**
- Anchors **hope and trust in life,** especially in challenging times
- Opens us to **growth** and **opportunity**
- Offers pathways from conflict to **peace**
- Is an engaged **YES to a wholehearted life.**

From Executive Director, Kristi Nelson



Opportunity knocked often in 2017, and each time we welcomed it with a wholehearted “yes.” From Oprah Winfrey’s interview with Brother David; to remaking *A Good Day* into *A Grateful Day*; to writing and compiling *Everyday Gratitude*, our first book with a major publisher, last year was marked by increased exploration and expression. Our eCourse and Practice offerings expanded, as did our staff; we added Jeseeph Meyers, our Digital Engagement Coordinator who has fast become family to us. With each expansion, gratefulness has made a home in more people’s hearts. Knowing the power of grateful living to be a truly transformative force, we cannot help but wish for this work to keep making a needed difference in the world. Thank you for helping us grow, and for growing *with* us. We look forward to discovering what beckons next, heart-to-heart with you. *Kristi*

From Board Chair, Mary Kostel

In my last year as Board Chair, I am delighted to report that A Network for Grateful Living is in a period of healthy growth. After spending the last few years solidifying our foundations – refining programming, updating technology, maturing our governance – in 2017 we



began expanding, both internally and externally. Some of this was planned, and some came to us organically (Oprah!); both, in my view, are signs of the health of our organization and the importance of our message. Most thrilling, our community is expanding and we are reaching more people, via more modalities, than ever before. The hunger for the message of Grateful Living is there, and we are getting better and better at meeting it where it lives. Thank you for all you do to help us continue to fulfill this mission. Warmest greetings, *Mary*



Our Mission

Mission: A Network for Grateful Living is a global organization offering online and community-based educational programs and practices which inspire and guide a commitment to grateful living, and catalyze the transformative power of personal and societal responsibility.

We hold grateful living as an engaged mindfulness practice, grounded in both wisdom and science, which supports our ability to see the wonder and opportunity in every moment, and motivates us to act boldly with love, generosity, and respect towards one another, ourselves, and the Earth.

Our Vision

We believe that the fully realized expression of our core values and mission will bring forth our **Organizational Vision**, which is:

A peaceful, thriving, and sustainable world - held as sacred by all.

Accomplishments 2016 - 2017

2017 expanded, deepened, and diversified our reach significantly through:

- Brother David's interview with Oprah Winfrey on Super Soul Sunday
- Our new video meditation, A Grateful Day, with nearly 600,000 views already
- Development of a companion website for expanded educational offerings
- Lynne Twist and Br. David's eCourse on Sufficiency and Gratefulness
- Fierce & Enduring Gratitude Poetry eCourse with Dale Biron
- Opening of Br. David's Archives at UMass Amherst
- Our Thanksgiving Practice and Pledge with over 1000 participants
- Serving nearly 1 million website users seeking to live more gratefully
- Delivering 1.7 million Word for the Day messages to subscribers



Our Board & Staff

Adetola Abiade

Michael W. Barton
Treasurer

Ernie Rocco Capobianco

Sheryl Chard
Clerk

Anthony Chavez

Colleen Dunnegan

Kristen Johnson

Mary E. Kostel
Chair

Guri Mehta

Alberto Rizzo

Chuck Roppel
Vice-Chair

David Steindl-Rast, OSB
Senior Advisor/Co-founder

Pear Urushima
Vice-Chair

Kristi Nelson
Executive Director

Saoirse McClory
Website Content Coordinator

Jeseoph Meyers
Digital Engagement Coordinator

Katie Rubinstein
Associate Director

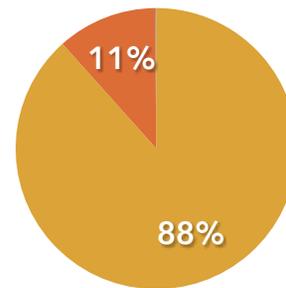
Margaret Wakeley
*Program & Community
Coordinator*

Financial Report: Fiscal Year 10/2016 - 9/2017

BALANCE SHEET SUMMARY

ASSETS	\$285,633
LIABILITIES & EQUITY	\$285,633

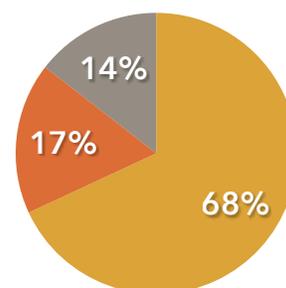
INCOME



● Donations ● Programs ● Interest

DONATIONS	\$253,642
PROGRAMS	\$68,066
INTEREST	\$783
TOTAL INCOME	\$322,491

EXPENSES



● Program ● Operations ● Outreach

PROGRAM DELIVERY	\$279,256
OPERATIONS	\$71,457
OUTREACH & PROMOTION	\$59,456
TOTAL EXPENSES	\$410,168

The Year Ahead

In 2018, we will have some of our most important, high-impact initiatives come to fruition, including:

- Complete the Guidebook for Grateful Living; available Fall 2018
- Launch self-led and online Gratefulness Groups around the world
- Begin leading workshops at educational centers
- "Gratitude in Education" Book Group and eCourse
- Release and promote Everyday Gratitude - our gift book with quotes, questions and practices
- Complete and release A Year of Gratitude Page-a-Day Calendar
- Initiate "Grateful Passages," with writings, video and practices for people dealing with grief and loss
- A Grateful Day/ A Grateful Year Practice Invitation

Please stay tuned, and stay connected. It will be a delight and honor to serve you in the year, and years, ahead.



From Our Community

"Your organization has often been a Light in the Dark for me through the years. Thank you."

"I am grateful for all that you do. Gratitude practice has not only saved my life - it enriches it each day and helps me be at peace with my fellow humans!."

"Thank you for the inspiring thoughts - it is a challenging time and your daily thoughts help prepare me for the work that needs to be done to make this a better world."

"I'm a hospice nurse. I started sharing the daily words of gratitude with my entire team each day--they find the quotes uplifting, inspirational, challenging and refreshing."

"I am grateful to have this sacred space when I need to be reminded that there is so much grace, love, compassion and hope for me on my journey and that I am not alone."

"Gratefulness.org changed my life & helped me grow more inwardly."