



www.the-echoes.com

gratefully yours,

A MOMENT OF MAGICAL THINKING
as inspired by Gratitude Echo 1

Dear,

You must be pumped up. Or exhausted?
Sit down, I invite you to
stay a couple of minutes here, before
or after you order your coffee.
Do you see those earphones?
That's right, put them on.
Soothe yourself with the music,
press play. Or
sit down in silence, in magic
for a moment.

Take your time. Listen, like listen
listen.
To the music, to your heart, to what
abounds
- past and present -

Think about all the living
and non-living things.
Send 1-2-3 **yellow** **blue** **green** notes
of appreciation and gratitude
- To parents, baristas, Grab drivers,
story tellers
To the cleaners and
security guards
To friends for life, and all the
loves
To the horizons and peaks of emotions
To neon streets and bottles of beer
To all colors of pen, to **insert your
favorite poet/singer here's* poems and
songs
To your boss, to the tree
giving you shade -

Fill your soul and think of them all.

**Go ahead and grab
that pen and paper.
Write your message of
thanks.
Make sure to stamp
with gratefully yours.
Charge with + vibes,
then slip into the
box.**

**See what happens
to this café,
to the world,
inside and outside.**

**#GratefullyYours
#TheEchoesxLocalEdition**

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A Story for a Cup of Coffee

DIALOGUES

as inspired by Gratitude Echo 2

If you're feeling EXTRA today ☺

Buy one or multiple photos on the Gratitude Wall. Which speaks out to you? If you've made your choice, write your message of thanks at the back. Make sure to stamp with gratefully yours. **Now you have just created your own postcard for only Php50.**

We will make sure to mail them at the local post office and reach the amazing human/s you want to say thank you to.

Or, you can also keep the photo/s you bought. Place on your desk, on the wall of your room, near your heart.

THE ECHOES
POSTCARDS ARE
FOR SALE FOR
Php80 EACH.

ALL
PHOTOS
ARE FOR
SALE
FOR
Php50
EACH.

Behind each photo is a question. Did you notice? Post this question online, along with your answer in Instagram or Facebook.

**Tell us about the time
you have given it your all.**

As a way of extending our gratitude for your honesty, and really, for giving it your all, you can get a large beverage of your choice care of Local Edition.

#GratefullyYours
#TheEchoesxLocalEdition

IMPORTANT NOTE:

- Follow @localedition on IG and FB.
- Follow The Echoes' FB page (fb.me/theechoespage)
- Tag us in your feed or stories and use the hashtags **#TheEchoesxLocalEdition** and **#GratefullyYours**

The Echoes team will pick one brave and grateful soul every Monday, so make sure your profile is set to public in order for us to see your answers.

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Gratitude Feed

GRATITUDE HABIT CHALLENGE
as inspired by Gratitude Echo 3
modeled from Gratitude Jar/Journal

Instead of keeping it in your head,
capture a photo and/or write a poem/prose
about the one thing you're grateful for,
for the day,
perhaps more than one thing.

Let the whole planet know

and use the power of technology (tag us in your feed or stories 😊)

**Give thanks, share,
and inspire
anytime of the day,
everyday,
for 21 days.**

Keep doing it.

Feel how it expands
your inside and outside.

Feel how abundance flows
within and around, when you're grateful.

If you have completed
your 21-day gratitude habit challenge,
get a chance to receive gift certificates
from Local Edition.
We will pick two grateful souls.

Ask your family and friends to express
and build their gratitude habit too.
Express gratitude to your family and friends.

#GratefullyYours
#TheEchoesxLocalEdition

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and **#GratefullyYours**

The Echoes team will read the entries and pick the winners, so make sure your profile is set to public.

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