

GRATITUDE QUOTES:

**START
EACH DAY
WITH A
GRATEFUL
HEART.**

“Gratitude is not only the greatest of virtues, but the parent of all the others.” - Cicero

"I was complaining that I had no shoes till I met a man who had no feet." - Confucius

“Be the change you wish to see in the world” - Gandhi

"When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. If you see no reason for giving thanks, the fault lies with yourself."

- Tecumseh, Shawnee Chief

“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.”

Johannes A. Gaertner

“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”

- Fredrick Koeing

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

- Oprah Winfrey

“If the only prayer you ever say is thank you, that would be sufficient.” — Meister

Johann Eckhardt

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.” - Melody Beattie

“Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.” - John Ortberg,

“Find the light. Reach for it. Live for it. Pull yourself up by it. Gratitude always makes for straighter, taller trees.” — Al R. Young

Gratitude is an art of painting an adversity into a lovely picture.

- Kak Sri

“When our perils are past, shall our gratitude sleep?” - George Canning

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust

“Gratitude is the sweetest thing in a seeker's life- in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes.” — Sri Chinmoy

“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”

- Sarah Ban Breathnach

“Life is not about waiting for the storms to pass ... it's about learning to dance in the rain!”

- Unknown

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

- Rabbi Harold Kushner

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

- David O. McKay

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

- Melody Beattie

"Gratitude is when memory is stored in the heart and not in the mind."

- Lionel Hampton

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

“Acknowledging the good that you already have in your life is the foundation for all abundance.” — Eckhart Tolle

