

Gratitude is not only the greatest of virtues,
but the parent of all others.

Cicero

Make a point to say thank you to someone today.

Deborah Norville

Reflect on your present blessings –
of which every man has many –
not on your past misfortunes,
of which all men have some.

Charles Dickens

God gave you a gift of 86,400 seconds today.
Have you used one to say "thank you?"

William Ward

Grace and gratitude go together
like heaven and earth.

Karl Barth

Now there are many, many people in the world,
but relatively few with whom we interact,
and even fewer who cause us problems.
So, when you come across such a chance
for practicing patience and tolerance,
you should treat it with gratitude. It is rare.

Dalai Lama

I cannot tell you how to be rich.
But I can tell you how to feel rich,
which is far better – let me tell you firsthand – than being rich.
Be grateful... It is the only totally reliable get rich quick scheme.

Ben Stein

A grateful person trusts enough
to give life another chance,
to stay open for surprises.

Brother David Steindal-Rast

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

Melody Beattie

Reflect each day
on all you have to be grateful for
and you will receive more to be grateful for.

Chuck Danes