

Exploring Gratitude

GRATITUDE: THE QUALITY OR FEELING OF BEING THANKFUL

Step 1:

Make a list of all things in your life that you are thankful for:

"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

Step 2:

Take your list of things you are thankful for, and write a sentence explaining why:

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

— Ralph Waldo Emerson