



GRATITUDE



01

"The man who forgets to be thankful has fallen asleep in life."

- Robert Louis Stevenson

04

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

- William Arthur Ward

02

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more."

- Melody Beattie

05

"The thankful receiver bears a plentiful harvest."

- William Blake

03

"Gratitude is recognizing, valuing, appreciating, celebrating, sharing, and cherishing what life brings me, in every moment."

- Becky R

06

"It's a gentle reminder that what we need is not more, but instead to seek joy and peace in what we've been given."

-Kelly E

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