



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

Melody Beattie
Author
(b. 1948)

Gratitude is more than being thankful for something good in our lives. Gratitude is a practice that requires mindfulness and acceptance. We can practice gratitude even in moments of difficulties. When we foster gratitude, we are able to recognize that we cannot control our environment but we can control the way we think about it. We are able to look back and reflect how each situation has helped us grow. Each moment we have experiences has led us to where we are today.

We must be intentional about gratitude. When we commit ourselves to practicing daily gratitude, we are able to find peace in every circumstance. It helps us recognize the big picture of our lives. We are grateful not just for this one moment, but for all the moments that make up our story.

Gratitude only needs a couple of minutes, but it makes a big difference in our day. It changes our perspective and helps us be present to others.

What are you grateful for today?