



The roots of  
all goodness  
lie in the soil  
of  
appreciation  
for  
goodness.

It is becoming common knowledge that gratitude is good for our health. Our emotions, our souls and our bodies flourish as we expand gratefulness in our life. Thanksgiving is a way to broaden our ability to experience goodness in the world.

Appreciation plants vast fields of gratitude.

Appreciating character grows integrity. When we give thanks for a person's virtue and behavior, we nurture particular traits in them and in ourselves. Gratitude for courage can embolden; gratefulness for fidelity can fortify. Expressing appreciation for kindness is, in itself, a kind act. As we acknowledge worthy attributes, we reinforce their value and support their continued growth.

Appreciating beauty sows wonder. Giving thanks for beauty begins to stretch what we find beautiful. When we are grateful for beauty, we increase our capacity to notice it elsewhere. Our perceptions become more finely tuned; our capacity for joy expands as we notice new things that stimulate our senses. As we appreciate the breadth of possible wonders, we open ourselves to discovering even more lovely things.

Appreciating skill cultivates talent. Giving thanks for work well done encourages excellence. Appreciating another's actions invites us all to give our best. When we express our gratitude to a colleague or a friend, we reveal that we notice them. Words of acknowledgement may reduce isolation - "I see what you've done and how it expresses who you are. I'm glad we share this together."

Giving thanks stands tall, bounty for a loving tomorrow.

*Who will I thank today? How might I find more layers of beauty around me?*

Tenzin Gyatso  
(b. 1940)  
The 14<sup>th</sup> Dalai Lama