

“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

“Be mindful. Be grateful. Be positive. Be true. Be kind.”

“Be grateful for what you already have while you pursue your goals. If you aren’t grateful for what you already have, what makes you think you would be happy with more.”

— Roy T. Bennett, *The Light in the Heart*

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.”

— A.A. Milne, *Winnie-the-Pooh*

“In the end, though, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end, maybe it's wiser to surrender before

the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices.”

— Elizabeth Gilbert, *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia*

“Acknowledging the good that you already have in your life is the foundation for all abundance.” Eckhart Tolle

“At the end of the day, let there be no excuses, no explanations, no regrets. Make a pact with yourself today to not be defined by your past. Sometimes the greatest thing to come out of all your hard work isn't what you get for it, but what you become for it. Shake things up today! Be You...Be Free...Share.”

— Steve Maraboli, *Life, the Truth, and Being Free*