

Day 6 Be Grateful

Quote

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. Oprah Winfrey

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. Epictetus

Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude. Wallace Wattles

Bible Verse

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Phil. 4:12-13

Inspiration

Grateful Art Garfunkel

<http://www.youtube.com/watch?v=qLN4fBXZa2Y>

Gratitude link

8 ways

<http://hellogiggles.com/being-grateful>

Journaling

Do you compare your life with other people's lives? If so, with people who have more or people who have less than you?

What does 'enough' mean to you?

Technique

Marbled background

<http://www.youtube.com/watch?v=QlZ9fgV5Z58>

Action

Clear out some clothes or other items and give them to the charity shop. (Goodwill). UK taxpayers can Gift Aid these.