

Day 13 Make Memories

Quote

Gratitude is when memory is stored in the heart and not in the mind. Lionel Hampton

Every single day do something that makes your heart sing. Marcia Wieder

Bible Verse

I will perpetuate your memory through all generations; therefore the nations will praise you for ever and ever. Psalm 45:17

Inspiration

Thanks for the Memory Ella Fitzgerald

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

Spoof video

<http://www.youtube.com/watch?v=HzSaoN2LdfU>

Gratitude link

A practical guide to gratitude

<http://www.unstuck.com/gratitude.html>

Journaling

What memories are you most thankful for?

Looking back on memories of hurtful times, what lessons have you learned that you can be thankful for?

Technique

Letting go of control with a stencil and spray inks

<http://www.youtube.com/watch?v=6nS95sto4uY>

Action

Out of the blue, send some flowers to a friend.