

Gratitude quotes

"You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink." G. K. Chesterton

"No duty is more urgent than that of returning thanks". Unknown

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." Marcel Proust

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

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." Thornton Wilder

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." William Arthur Ward

"Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not." Marcus Aurelius

"Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties." Sarah Ban Breathnach

"We often take for granted the very things that most deserve our gratitude." Cynthia Ozick

"We can be thankful to a friend for a few acres or a little money; and yet for the freedom and command of the whole earth, and for the great benefits of our being, our life, health, and reason, we look upon ourselves as under no obligation." Marcus Annaeus Seneca

"When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer." Wilfred A. Peterson

"Whatever our individual troubles and challenges may be, it's important to pause every now and then to appreciate all that we have, on every level. We need to literally "count our blessings," give thanks for them, allow ourselves to enjoy them, and relish the experience of prosperity we already have." Shakti Gawain

"Thou that has given so much to me,
Give one thing more—a grateful heart;
Not thankful when it pleaseth me,
As if thy blessings had spare days;
But such a heart, whose pulse may be
Thy praise." George Herbert

"(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy." A.H. Maslow

"If the only prayer you say in your life is thank you, that would suffice." Meister Eckhart

"Find the good and praise it." Alex Haley

"Give thanks for a little and you will find a lot." The Hausa of Nigeria

"What if you gave someone a gift, and they neglected to thank you for it-would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have." Ralph Marston

"Happiness is itself a kind of gratitude." Joseph Wood Krutch

"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself." Henry Miller

"There is a calmness to a life lived in gratitude, a quiet joy." Ralph H. Blum

"Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy — because we will always want to have something else or something more." Brother David Steindl-Rast

27. "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." Denis Waitley

"As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world." Adabella Radici

"For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends." Ralph Waldo Emerson

"Grace isn't a little prayer you chant before receiving a meal. It's a way to live." Attributed to Jacqueline Winspear

"When eating bamboo sprouts, remember the man who planted them." Chinese Proverb

"But the value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are." Wallace Wattles

"Blessed are those that can give without remembering and receive without forgetting." Author Unknown

"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul." Rabbi Harold Kushner

"Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude." Albert Schweitzer

"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life." Christiane Northrup

"The best way to pay for a lovely moment is to enjoy it." Richard Bach

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some." Charles Dickens

"Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present — love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure — the wasteland of illusion falls away and we experience Heaven on earth." Sarah Ban Breathnach

"Whenever we are appreciative, we are filled with a sense of well-being and swept up by the feeling of joy." M.J. Ryan

"Gratitude is riches. Complaint is poverty." Doris Day

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

"Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give." Edwin Arlington Robinson

"There is a law of gratitude, and it is . . . the natural principle that action and reaction are always equal and in opposite directions. The grateful outreaching of your mind in thankful praise to supreme intelligence is a liberation or expenditure of force. It cannot fail to reach that to which it is addressed, and the reaction is an instantaneous movement toward you." Wally Wattles

"Gratitude should not be just a reaction to getting what you want, but an all-the-time gratitude, the kind where you notice the little things and where you constantly look for the good, even in unpleasant situations. Start bringing gratitude to your experiences, instead of waiting for a positive experience in order to feel grateful." Marelisa Fábrega

Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfilment comes to those who are
also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

Author Unknown

You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.

Ralph Marston

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

Instead of thinking about what you're missing, try thinking about what you have that everyone else is missing.

Unknown

These then are my last words to you. Be not afraid of life. Believe that life is worth living and your belief will help create the fact.

William James

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

Gratitude is the most exquisite form of courtesy.

Jacques Maritain

Positive anything is better than negative nothing.

Elbert Hubbard

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriet Beecher Stowe

No one is as capable of gratitude as one who has emerged from the kingdom of night.

Elie Wiesel

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

Each moment of the year has its own beauty... a picture which was never seen before and shall never be seen again.

Ralph Waldo Emerson

I always say to myself, what is the most important thing we can think about at this extraordinary moment.

Francois Duc De La Rochefoucauld

You have to accept whatever comes and the only important thing is that you meet it with the best you have to give.

Eleanor Roosevelt

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

- *Ralph Waldo Emerson*