

I now see that cultivating a Wholehearted life is not like trying to reach a destination. It's like walking toward a star in the sky. We never really arrive, but we certainly know that we're heading in the right direction.

Brene Brown

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. Buddha

Creativity involves breaking out of established patterns in order to look at things in a different way. Edward de Bono

god gave you a gift of 86,400 seconds today.

have you used one to say "thank you?"

william a. ward

How easily we get trapped in that which is not essential
- in looking good, winning at competition, gathering
power and wealth - when simply being alive is the gift
beyond measure. Parker J. Palmer

**Can you see the holiness in those things
you take for granted - a paved road or a
washing machine? If you concentrate on
finding what 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

At times our own light goes out and is rekindled by a
spark from another person. Each of us has cause to
think with deep gratitude of those who have lighted the
flame within us. Albert Schweitzer

every human has four endowments- self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom. The power to choose, to respond, to change. Stephen Covey

Success is achieved by developing our strengths, not by eliminating our weaknesses.

Marilyn vos Savant

Feelings are much like waves, we can't stop them from coming but we can choose which one to surf. Jonatan Mårtensson

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

EVERYBODY always says that I'm the girl next door,
which makes me think that y'all must have a lot of
weird next-door neighbours. Kelly Clarkson

**Childhood is the world of miracle or of magic:
it is as if creation rose luminously out of the
night, all new and fresh and astonishing.**

Eugene Ionesco

It is a thousand times better to have common
sense without education than to have education
without common sense.

Robert Green Ingersoll

**A friend is someone who knows the song in your
heart and can sing it back to you when you
have forgotten the words. Unknown**

When people look at my pictures I want them to feel the way they do when they want to read a line of a poem twice.

Robert Frank

The most wasted of all days

is one without laughter. e e cummings

Memories are like mulligatawny soup in a cheap restaurant. It is best not to stir them.

P.G.Wodehouse

Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read.

Groucho Marx

gratitude is a vaccine, an antitoxin, and an antiseptic.

JOHN HENRY JOWETT

The more you praise and celebrate your life,
the more there is in life to celebrate.

Oprah Winfrey

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. Melody Beattie

Gratitude is the music of the heart, when its chords are swept by the breeze of kindness.

Unknown

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. Henry Clay

Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation.

Rabindranath Tagore

all our dreams can come true, if we have the courage to pursue them. Walt Disney

Do not follow where the path may lead.

Go instead where there is no path and leave a trail.

Ralph Waldo Emerson

Spring passes and one remembers one's innocence.

Summer passes and one remembers one's exuberance.

Autumn passes and one remembers one's reverence.

Winter passes and one remembers one's perseverance.

Yoko Ono

Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it. Ralph Marston

You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you. Sarah Ban Breathnach