

Day 3: Acceptance

Quote

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. Melody Beattie

Bible Verse

Listen to advice and accept discipline, and at the end you will be counted among the wise. Proverbs 19:20

Inspiration

Paralympics

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

Journaling

What things have you learned to accept in your life? Which of these things have you been thankful for?

Technique

Use one of the techniques from the Ranger Distress techniques list.

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