

Day 17 Welcome Mornings

Quote:

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

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

Bible verse:

This is the day that the Lord has made; let us rejoice and be glad in it. Psalm 118:24

Inspiration

Thankfulness in the everyday

<http://gracevine.christiantoday.com/video/quotlord-im-struggling-show-me-what-i-have-to-be-thankful-for-quot-185>

Gratitude link

7 singers choose songs

<http://www.oprah.com/spirit/Songs-About-Gratitude-Thanksgiving-Songs/1>

Journaling

Do you struggle to get up in the morning?

Do you start each day with a spring in your step or are you weary?

How can you be more thankful for each day?

In the stressful world we live in, where time seems to fly by at an extraordinary rate, how can you make more of the moment? How can you become more mindful of the things that are important in your life?

Technique

Stamping into your stencil

<http://www.youtube.com/watch?v=anwZoDtCE0Y>

Action

Before you get out of bed each morning be thankful for at least one thing.