

## Day 21 Give Thanks

### 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. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. Melody Beattie

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

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

### Bible Verse

Let us come before him with thanksgiving and extol him with music and song. Psalm 95:2

### Inspiration

Give Thanks and Praises Bob Marley

<http://www.youtube.com/watch?v=3TK34aQwC7Q>

### Gratitude link

The Gratitude Experiment

<http://www.gratitudexp.com/>

### Journaling

Have you kept up with the 21 days of this blog?

Do you have a complete or nearly complete journal?

Will you continue to keep a gratitude journal?

Do you feel you have not just a different attitude now from when we started but are practising gratitude?

Today take some time to reflect on the last month. What have you learned? What are you most thankful for?

### Technique

Use your favourite technique from the past 20 days.

### Action

Make a gratitude jar. Find a large jar which you can decorate if you wish. Cut up strips of paper and put these and a pen by the side of the jar. Each time you are grateful for something that happens write it down and put the paper in the jar. At the end of the year take them all out and read them. Stick the papers into your gratitude journal.