

Day 11 Be Intentional / Be a blessing

Quote

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

I'm just thankful for everything, all the blessings in my life, trying to stay that way. I think that's the best way to start your day and finish your day. It keeps everything in perspective.

Tim Tebow

Bible Verse

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.' Acts 20:35

Inspiration

Dying College Professor Gives Inspiring Speech

<http://www.youtube.com/watch?v=0WmryhioApY>

Gratitude link

How gratitude can change your life

<http://www.thechangeblog.com/gratitude/>

Journaling

What things can you do to be a blessing to other people?

How have other people blessed you?

Technique

Dry embossing without a machine

<http://www.youtube.com/watch?v=LRBq2W7U9TM>

Action

Ask someone "How are you really doing?" – and then really listen to the response.