

## Day 13 Make Memories

### Quote

Gratitude is when memory is stored in the heart and not in the mind. Lionel Hampton

Every single day do something that makes your heart sing. Marcia Wieder

### Bible Verse

I will perpetuate your memory through all generations; therefore the nations will praise you for ever and ever. Psalm 45:17

### Inspiration

Thanks for the Memory Ella Fitzgerald

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

Memory

<http://www.youtube.com/watch?v=HzSaoN2LdfU>

### Gratitude link

A practical guide to gratitude

<http://www.unstuck.com/gratitude.html>

### To think about or journal

What memories are you most thankful for?

Looking back on memories of hurtful times, what lessons have you learned that you can be thankful for?

### Action

Out of the blue, send some flowers to a friend.