

Day 10 Celebrate

Quote

The more you praise and celebrate your life, the more there is in life to celebrate. Oprah Winfrey

We all have life storms, and when we get the rough times and we recover from them, we should celebrate that we got through it. No matter how bad it may seem, there's always something beautiful that you can find.

Mattie Stepanek

Bible Verse

They tell of the power of your awesome works - and I will proclaim your great deeds.

They celebrate your abundant goodness and joyfully sing of your righteousness.

The LORD is gracious and compassionate, slow to anger and rich in love. Psalm 145:6-8

Inspiration

Celebrate Jesus

<http://www.youtube.com/watch?v=PmhJKCS7PzQ>

Celebration

<http://www.youtube.com/watch?v=3GwjfUFyY6M>

Gratitude link

What is gratitude?

<http://greatergood.berkeley.edu/topic/gratitude/definition>

Journaling

What occasions do you celebrate?

What else in your life do you or could you celebrate?

What do you celebrate in other people's lives?

Technique

Spray Starch

<http://jozartdesigns.blogspot.co.uk/2010/03/spray-starch-backgrounds.html>

Action

Make a list of all the things you can celebrate in 2014. Which of them could you plan a celebration for?