

gratitude

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I will be grateful for the twenty-four hours that are before me. Time is a precious commodity. I refuse to allow what little time I have to be contaminated by self-pity, anxiety, or boredom. I will face this day with the joy of a child and the courage of a giant. While it is here, I will use it for loving and giving. Today I will make a difference.

— Max Lucado

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Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.

— Dalai Lama

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A candle loses none of its light by lighting another.

— Rumi

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People who really want to make a difference in the world usually do it, in one way or another. And I've noticed something about people who make a difference in the world: They hold the unshakable conviction that individuals are extremely important, that every life matters. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren't determined to revolutionize the world all at once; they're satisfied with small changes. Over time, though, the small changes add up. Sometimes they even transform cities and nations, and yes, the world.

— Beth Clark

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If you have, give.
If you learn, teach.

— Maya Angelou

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You are your own person. But yet, look around you. You are connected. You are supported. There are people that surround you who love you very much. There are those who cherish you even at your weakest. Another's love may seem invisible, unbelievable, or non-existent. But yet, it is still there, and is stronger than ever.
You are supported. Always.

— Nicole Addison

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Life is too short, or too long,
for me to allow myself the luxury of living it so badly.

— Paulo Coelho

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Be thankful for what you have, you'll end up having more.
If you concentrate on what you don't have,
you will never, ever have enough.

— Oprah Winfrey

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Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find reasons, if even small ones, to get up.

— Steve Maraboli

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Gratitude is the law of increase,
and complaint is the law of decrease.

— Florence Scovel Shinn

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The willingness of America's veterans to sacrifice for our country has
earned them our lasting gratitude.

— Jeff Miller

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To do the useful thing,
to say the courageous thing,
to contemplate the beautiful thing:
that is enough for ones life.

— T. S. Eliot

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I greet every new day with the words, 'Thank you, thank you, thank you.'
That's the state of mind that directs me, fulfills me, and sends me out into
the world with a gift to share.

— Wayne Dyer

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Stop measuring days by degree of productivity and start experiencing them by degree of presence.

— Alan Watts

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Blessed are those who can give without remembering and take without forgetting.

— Bernard Meltzer

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The true meaning of life is to plant trees,
under whose shade you do not expect to sit.

— Nelson Henderson

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Remember that sometimes not getting what you want is a wonderful stroke of luck.

— Dalai Lama

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Each smallest act of kindness, reverberates across great distances and spans of time –affecting lives unknown to the one who’s generous spirit, was the source of this good echo. Because kindness is passed on and grows each time it’s passed until a simple courtesy becomes an act of selfless courage, years later, and far away.

— Dean Koontz

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Everyone is my teacher. Some I seek. Some I subconsciously attract. Often I learn simply by observing others. Some may be completely unaware that I'm learning from them, yet I bow deeply in gratitude.

— Eric Allen

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If you see something beautiful in someone,
speak it.

— Ruthie Lindsey

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Be Present.

For yourself, for life and for the people you love.

— Thích Nhất Hạnh

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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

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At the end of the day it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back.

— Denzel Washington

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When you go into the world today, before you leave your home, promise yourself that you'll find at least one miracle. Without any limits or bounds on what you think it should look like, simply state for yourself your clear intention that of the many miracles that cross your path, you'll recognize one of them.

— Gregg Braden

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Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.

— Sathya Sai Baba

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Every year, I purchase a gift card at a dance store and I leave the card with the store employees to use for someone who comes in to purchase dance shoes for their child after I leave. I do this because when I was a young dancer, my mother couldn't afford to buy me shoes one time and a stranger paid for my shoes. My mom and I will never forget that moment.

— Sheena Jeffers

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I learned. In being humble I'd have it all. A brand new way to live, that love's not what you have but what you give. And the Art of Love is who you share it with.

— Neil Diamond

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Gratitude is the sign of noble souls.

— Aesop

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If the only prayer you ever say in your entire life is thank you,
it will be enough.

— Meister Eckhart