



Gratitude



It is so good for your soul to stop and think about everything you are grateful for. The good things in your life. The conveniences. The friends and relationships. The food! The comforts. You'll always find both good and bad in life, so really, why not look for the good and be grateful for it? Gratitude is one of those funny things that, when you have it, you are given more. You are happier and you will see more good things come into your life. It's one of those win-win situations. So, thank those who contribute to your life. Let them know how much you appreciate them. Let your actions show your gratitude. Help others. Give something of yourself. Write thank-you notes. Give thank-you flowers. Or thank-you treats! And enjoy the good in life . . . for it will keep getting better and better.