

Gratitude ("the mother of all virtues")

“Gratitude is the sign of noble souls.” Aesop

1. It is not happy people who are thankful. It is thankful people who are happy. unknown
2. "Feeling gratitude and not expressing it is like wrapping a present and not giving it." *William Arthur Ward*
3. "I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." *G.K. Chesterton*
4. "'Enough' is a feast. *Buddhist proverb*
5. "Enjoy the little things, for one day you may look back and realize they were the big things." *Robert Brault*
6. "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." *John F. Kennedy*
7. "The deepest craving of human nature is the need to be appreciated." *William James*
8. "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*
9. "You cannot do a kindness too soon because you never know how soon it will be too late." *Ralph Waldo Emerson*
10. "When I started counting my blessings, my whole life turned around." *Willie Nelson*
11. "It is impossible to feel grateful and depressed in the same moment." *Naomi Williams*
12. "Things turn out best for people who make the best of the way things turn out." *John Wooden*
13. "Forget yesterday--it has already forgotten you. Don't sweat tomorrow--you haven't even met. Instead, open your eyes and your heart to a truly precious gift--today." *Steve Maraboli*
14. "We should certainly count our blessings, but we should also make our blessings count." *Neal A. Maxwell*
15. "In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." *Dietrich Bonhoeffer*
16. "The only people with whom you should try to get even are those who have helped you." *John E. Southard*
17. "Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it." *Stephen Richards*
18. "Gratitude and attitude are not challenges; they are choices." *Robert Braathe*
19. "Gratitude is more of a compliment to yourself than someone else." *Raheel Farooq*
20. When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself. *Tecumseh*
21. If the only prayer you ever say in your entire life is thank you, it will be enough. *Meister Eckhart*
22. No duty is more urgent than that of returning thanks. *James Allen*
23. Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, ... build a shelter against a rainy day, and give thanks for your blessings and pray for guidance every day. *John Wooden*
24. "You won't be happy with more until you are happy with what you have." *Viki King*
25. "Another shortcoming of desire is that it leads to so much that is undesirable." *Lama Rinpoche, The Door to Satisfaction*