

“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

“Gratitude and attitude are not challenges, they are choices.”

Robert Braathe

“When you practice gratefulness, there is a sense of respect towards others.”

Dalai Lama

“Enjoy the little things for one day you may look back and realize they were big things.”

Robert Brault

“This is a wonderful day. I’ve never seen this one before.”

Maya Angelou