

GRATITUDE Quotes

“Gratitude is heaven itself.” ~William Blake

“When it comes to life the critical thing is whether you take things for granted or take them with gratitude.”

~CK Chesterton~

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

~Albert Schweitzer~

“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind action. Nothing that is done for you is a matter of course.

Every-thing originates in a will for the good, which is directed at you. Train your self never to put off the word or action for the expression of gratitude.”

~Albert Schweitzer~

“The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

~H. U. Westermayer~

“As we express our gratitude, we must never forge that the highest appreciation is not to utter words, but to live by them.”

~John F. Kennedy~

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

~Marcel Proust~

“Appreciation can make a day, even change a life. Your willingness to put into words is all that is necessary.”

~Margaret Cousins~

“If the only prayer you said in your life was, “thank you,” that would suffice.”

~Meister Eckhart~

“Gratitude is when memory is stored in the heart and not in the mind.”

~Lionel Hampton~

“Today is a most unusual day, because we have never lived it before; we will never live it again; it is the only day we have.

“Today can be a healthy unusual day for you—and for others—if you take time to give someone a smile...to express a word of kindness...to lend a helping hand to someone in need...to write a note of gratitude...to give a word of encouragement to someone who is temporarily overcome with problems...to share a portion of your material possessions with others.”

~William Arthur Ward~

“Silent gratitude isn’t much use to anyone.”

~Gladys Brown Stern~

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and the lives of all those around you.”

~Eileen Caddy~

“When you are grateful, fear disappears and abundance appears.”

~Anthony Robbins~

“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~

“There is a calmness to a life lived in gratitude, a quiet joy.”

~Ralph H. Blum~

“Every person has the power to make others happy. Some do it simply by entering a room—others by leaving the room. Some individuals leave trails of gloom; others, trails of joy. Some leave trails of hate and bitterness; others, trails of love and harmony. Some leave trails of cynicism and pessimism; others trails of faith and optimism. Some leave trails of criticism and resignation; others trails of gratitude and hope.

What kind of trails do you leave?”

~William Arthur Ward~

“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend...when we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present...love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure...the wasteland of illusion falls away and we experience Heaven on earth.”

~Sarah Ban Breathnach~

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

~William Arthur Ward~

“A single grateful thought toward heaven is the most complete prayer.”

~Gotthold Lessing~

“Can you see the holiness in those things you take for granted—a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

~Rabbi Harold Kushner~

“Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

~Brian Tracy~

