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*We spend money we don't have
on things we don't need to create
impressions that won't last on
people we don't care about.*

*- Tim Jackson, University of Surrey, TED
Global 2010*

2

*If more of us valued food
and cheer and a song above
hoarded gold, it would be a
merrier world.*

- J.R.R. Tolkien

3

*Some people grumble that
roses have thorns; I am
grateful that thorns have
roses.*

- Alphonse Karr

4

*How lucky I am to have
something that makes
saying goodbye so hard.*

- A.A. Milne

5

*Gratitude turns what we
have into enough.*

- Melody Beattie

6

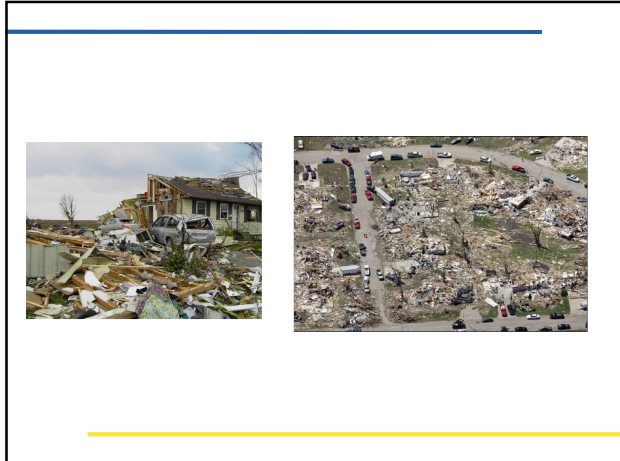
*The secret to contentment is
the realization that life is a
gift, not a right.*

- Dr. Seuss

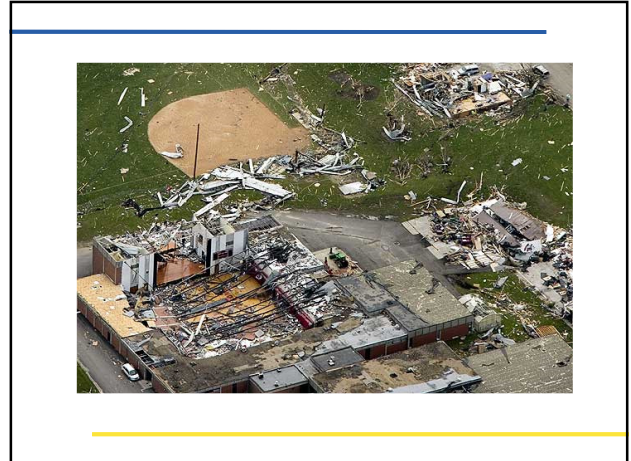
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How to have a grateful heart...

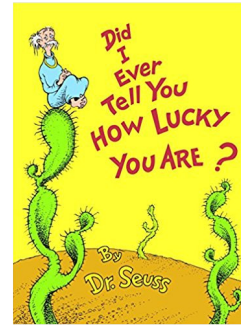
1. *Note three positive things everyday*
2. *Gratitude journal*
3. *Letters of gratitude*
4. *Mental subtraction of positive ...events, things, people*

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*While gratitude is a measure of
our perspective on the things we
already have, contentment is a
measure of our perspective on the
things we don't have.*

– Natasha Crain

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