



# The Virtue of Thankfulness

Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving and being. Appreciate the little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.

## *You are practicing Thankfulness when you:*

Are thankful for the gifts of life

Appreciate your own abilities instead of envying others

See the difficulties of life as opportunities to learn

Enjoy your sense of wonder about the beauty in the world

Are willing to receive what others want to give

Count your blessings every day

## *Affirmation*

I am thankful for the many gifts within me and around me today. I appreciate my life. I look for the lessons. I expect the best.

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