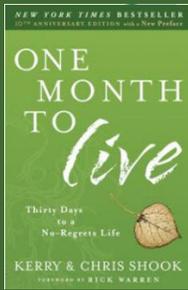


ROSES *and* THORNS BOOK CLUB



Make It Last For Life

DAY 14: *The Gift* THANKING THOSE AROUND YOU

Make a gratitude list of five or six little things that you often take for granted. Stop and smell the roses by thanking God for the small things that make life beautiful.

Make a list of the people in your life for whom you're most grateful. Try to think beyond the obvious ones - family and friends - and consider the people who contribute to your life each day yet tend to be overlooked. Whether it's your child's teacher, your assistant at the office, the bus driver on your commute, or the barista at the coffee shop, make a point to thank them today.

Look back over your list and choose one item to experience today. It might mean savoring your favorite meal. It might be listening to a favorite CD you haven't heard in a while. It could be smelling a fresh pot of coffee brewing. Whatever you choose, try to relish it.