



Gratitude

Gratitude is defined as being appreciative of what you have. If you consistently recognize everything that you have, you will be a happier person. However, gratitude is not durable and must be reinforced daily. Grateful people may be thought of as people who always see the glass as half full while ungrateful people see the same glass as half empty.

- If you have money in the bank, in your wallet and spare change in a dish someplace, you are among the top 8% of the world's people.
- If you woke up this morning with more health than illness, you are more blessed than the million people who won't survive this week.
- If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are ahead of 20 million people around the world.
- If you have food in the refrigerator, clothes on your back, and a roof over your head and a place to sleep, you are richer than 75% of this world.
- If you attend a church meeting without the fear of harassment, arrest, torture or death, you are more blessed than almost three billion people in this world.
- If you can read, you are more blessed than over two billion people in the world who cannot read anything at all.
- If you hold up your head with a smile on your face and are truly thankful, you are blessed because the majority of people can, but most do not.

Sometimes we take for granted the most important things and people in our lives. Every one of us has influences that create a special impact and make us who we are. Gratitude will make you a happier and a more productive person.