

Gratitude makes sense of our past,
brings peace for today, and creates
a vision for tomorrow.

- MELODY BEALE

Gratitude is the closest thing to beauty
manifested in an emotion.

- MINDY KALING

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

- WILLIAM ARTHUR WARD

The number one joy indicator, the one thing
that will predict whether someone feels joy in
their life or not, is the practice of gratitude.

- MELODY BEALE

We don't express gratitude in order to repay
debts or balance ledgers but rather to
strengthen relationships. Feelings of
gratitude make us want to praise the other
person publicly, to bring him or her honor.

- JONATHAN HAIDT

If you have done a big kindness for your
neighbor, let it be in your eyes a small matter.
If your friend did you a small favor, let it be in
your eyes a big favor.

- AVOT D'RABBI NATHAN

If you cannot be grateful for what you have
received, then be thankful for what you have
been spared.

- YIDDISH PROVERB