

25

REASONS TO BE  
*Grateful*

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There are many little blessings that make life worthwhile.

Appreciating the little things will help you develop a grateful heart and increase the joy of your blessings tremendously.

Need something to be grateful for today?

Consider these...

# 1. LIFE ITSELF.

If you're reading this, then you woke up this morning, you're breathing, and you're alive. It's a blessing that mustn't be taken for granted!

## 2. HEALTH.

Why should you wait until something happens to begin appreciating the precious gift of good health? This is truly a blessing to give thanks for.

## **3. FAMILY.**

Your children, spouse, grandchildren, parents, siblings, and relatives are gifts to be honored and treasured.

## 4. YOUR SENSES.

Can you imagine a life without the wonders of hearing, touch, sight, taste, and smell? Even losing one of these senses is a heartache. Combined, they fill our lives with... life!

## **5. WORK.**

While we sometimes fuss and wish we didn't have to go to work, the blessing of a job to provide for our family is something to be grateful for, especially in these uncertain times.

## **6. SUNSHINE.**

Think of the joy of walking outside and letting the sun kiss your face... can you feel its warmth?

## 7. RAIN.

Although it seldom comes at what we consider the “right” time, rain is so necessary to our very survival. Thank goodness we have it – and thank goodness we don’t have it every day!

## 8. FOOD.

So many in the world don't have enough to eat. What a blessing it is have food on the table each day!

## **9. LOVING RELATIONSHIPS.**

The old song says, “Love makes the world go ‘round.” How true it is! Be thankful for the life-giving love in your life.

# 10. FRIENDS.

Friends are the family we *choose* to love.  
And how wonderful they are!

# 11. HUGS.

A loving touch can remove sadness, uplift a spirit and heal a heartache. This is a treasure to be truly enjoyed.

## **12. FREEDOM.**

The freedom to live and breathe and think your own thoughts is one of the greatest joys in the world.

## 13. HOME.

It doesn't have to be large or even impressive, but a home filled with love and laughter is a comfort for the soul. Give thanks for yours!

# 14. EDUCATION.

Many people under-estimate the value of education, but those who've acquired it know what a blessing it is.

# 15. KINDNESS.

Only when faced with the opposite can we truly appreciate the kindness we're shown by others.

# 16. THE FUTURE.

Hope for the future is what gives us strength for the day. Be thankful for what the future may hold.

# 17. MEMORIES.

While we certainly don't want to dwell in the past, an occasional visit down Memory Lane can be a good thing.

# 18. LAUGHTER.

There seldom seems to be enough laughter in our lives, so enjoy it where you find it and give thanks that it touched your life.

## **19. PETS.**

The unconditional love of a pet is truly a gift to be celebrated. Give thanks for your pet's short memory and loving affection.

## **20. HONESTY.**

Truth is hard to come by in the world we live in. That's why it's such a blessing when we find it.

## 21. HOBBIES.

Whether it's reading, crafting, woodworking, skydiving, or fishing, our hobbies and pastimes are often the most enjoyable time of our the day. They're certainly worthy of much gratitude.

## 22. NATURE.

The trees rustling in the breeze, a gentle stream, squirrels and rabbits scurrying around the yard. Give thanks for the beauty and comfort that nature brings.

## 23. COLOR.

What a boring world this would be without color! Reds, blues, greens, yellows... even black and white make the world visually attractive and interesting.

## 24. MUSIC.

The beautiful sounds and tones in music have an almost mystical, supernatural affect on us. Think about how your favorite songs makes you feel – that's something to be thankful for!

## **25. SETBACKS.**

While we may never enjoy them, misadventures strengthen us and redirect us to where we're meant to be.

Living life with gratitude will help you find contentment and comfort, no matter what the day may bring.

Discover your own reasons to be thankful today and your whole attitude and demeanor will change forever!