

Week One

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Two

I would maintain that thanks are the highest form of thought; and gratitude is happiness doubled by wonder.

G.K. Chesterton

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Three

“Enough” is a feast.

Buddhist Proverb

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Four

Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.

Charles Dickens

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Five

Acknowledging the good that you already have in your life is the foundation for all abundance.

Eckhart Tolle

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Six

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get.

Frank A. Clark

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Seven

If you want to turn your life around, try thankfulness. It will change your life mightily.

Gerald Good

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Eight

Gratitude turns what we have into enough, and more.

Melody Beattie

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Nine

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

Epictetus

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Ten

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Eleven

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you'll never, ever have enough.

Oprah Winfrey

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twelve

When I started counting my blessings, my whole life turned around.

Willie Nelson

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirteen

It is impossible to feel grateful and depressed in the same moment.

Naomi Williams

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Fourteen

We should certainly count our blessings, but we should also make our blessings count.

Neal A. Maxwell

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Fifteen

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

Dietrich Bonhoeffer

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Sixteen

Gratitude opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it.

Stephen Richards

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Seventeen

Gratitude and attitude are not challenges; they are choices.

Robert Braathe

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Eighteen

This is a wonderful day. I've never seen this one before.

Maya Angelou

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Nineteen

Do not spoil what you have by desiring what you have not; remember what you now have was once among the things you only hoped for.

Epicurus

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty

True forgiveness is when you can say, "Thank you for that experience."

Oprah Winfrey

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty- One

And because all things have contributed to your advancement, you should include all things in your gratitude.

Ralph Waldo Emerson

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Two

If the only prayer you said was thank you, that would be enough.

Meister Eckhart

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Three

Some people grumble that roses have thorns. I am grateful that thorns have roses.

Alphonse Carr

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Four

When you arise in the morning, think of what a precious privilege it is to be alive – to breath, to think, to enjoy, to love – then make that day count.

Steve Maraboli

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Five

Gratitude is not only the greatest of virtues, but the parent of all others.

Marcus Tullius Cicero

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Six

When you are grateful, fear disappears and abundance appears.

Anthony Robbins

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Seven

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Arthur Ward

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Eight

Got no checkbooks, got no banks. Still, I'd like to express my thanks – I've got the sun in the mornin' and the moon at night.

Irving Berlin

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Twenty-Nine

Whatever you appreciate and give thanks for will increase in your life.

Brene Brown

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty

The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings.

Henry Ward Beecher

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-One

Thanksgiving always precedes the miracle.

Ann Voskamp

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Two

An attitude of gratitude brings great things.

Yogi Bhanjan

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Three

Take full account of what Excellencies you possess, and in gratitude remember how you would hanker after them, if you had them not.

Marcus Aurelius

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Four

Thankfulness creates gratitude which generates contentment that causes peace.

Todd Stocker

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Five

Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.

John Ortberg

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Six

Be thankful for your allotment in an imperfect world. Though better circumstances can be imagined, far worse are nearer misses than you probably care to realize.

Richelle E. Goodrich

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Seven

The more I understand about the mind and the human experience, the more I begin to suspect there is no such thing as unhappiness; there is only ungratefulness.

Steve Maraboli

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Thirty-Eight

... if much has been denied me, much, very much, has been given me ...

Helen Keller

Sunday

Today I am grateful for ...

Monday

Today I am grateful for ...

Tuesday

Today I am grateful for ...

Wednesday

Today I am grateful for ...

Thursday

Today I am grateful for ...

Friday

Today I am grateful for ...

Saturday

Today I am grateful for ...

Week Thirty - Nine

Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing.

Dan Buettner

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty

When you focus on gratitude, positive things flow in more readily, making you even more grateful.

Lissa Rankin

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty- One

When you express gratitude for the blessings that come into your life, it not only encourages the Universe to send you more, it also sees that those blessings remain.

Stephen Richards

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Two

If we want to keep the blessings of life coming to us, we must learn to be grateful for whatever is given.

Harold Klemp

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Three

When I think of how many people in this world have it worse than I do, I realize just how blessed I really am . . . and I have to give thanks . . .

Shannan Lea

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Four

Though they only take a second to say, thank yous leave a warm feeling behind that can last for hours.

Kent Allan Rees

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Five

Gratitude is a form of worship in its own right, as it implies acceptance of a power greater than yourself.

Stephen Richards

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Six

More miracles occur from gratitude and forgiveness than anything else.

Philip H. Freidman

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Seven

Let's start with what we can be thankful for, and get our mind into that vibration, and then watch the good that starts to come, because one thought leads to another thought.

Bob Proctor

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Weeks Forty-Eight

Love, gratitude, compassion and kindness are the sources of all enduring, pure happiness.

Debsish Mridha

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Forty-Nine

The habit of happiness is achieved through the attitude of gratitude.

Annette Zoheret

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Fifty

Gratitude is the universal lens that corrects all vision problems.

Terry Crouson

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Fifty - One

There is no prescription for finding moments of gratitude in every day; there is simply the choice.

Gillian Deacon

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .

Week Fifty - Two

We all feel better when we are grateful. There is great wisdom in understanding that no matter the situation, there is always something for which we can chose to be grateful.

Andy Andrews

Sunday

Today I am grateful for . . .

Monday

Today I am grateful for . . .

Tuesday

Today I am grateful for . . .

Wednesday

Today I am grateful for . . .

Thursday

Today I am grateful for . . .

Friday

Today I am grateful for . . .

Saturday

Today I am grateful for . . .
