



## MY FAVORITE QUOTES

### JANUARY

- [About the Author](#)
- [Order](#)
- [About the Book](#)
- [Reviews](#)
- [Readers' Comments](#)
- [News & Events](#)
- [A Prayer for the Day](#)
- [Things To Shout Out!](#)
- [Things to Ponder](#)
- [My Favorite Quotes](#)
- [FAQ](#)
- [Contact](#)
- [Home](#)

This month's quotes are all about 'GRATITUDE.' I hope you will find them inspirational.

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“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation”

—Brian Tracy

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

—Charles Dickens

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

—William Arthur Ward



“I write about the power of trying, because I want to be okay with failing. I write about generosity because I battle selfishness. I write about joy because I know sorrow. I write about faith because I almost lost mine, and I know what it is to be broken and in need of redemption. I write about gratitude because I am thankful – for all of it.”

—Kristin Armstrong

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates vision for tomorrow.”

—Melody Beattie

“Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.”

—Wayne Dyer



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

—Oprah Winfrey

“As you keep your mind and heart focused in the right direction, approaching each day with faith and gratitude, I believe you will be empowered to live lift to the fullest and enjoy the abundant life He has promised you!”

—Victoria Osteen

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.”

—Kristin Armstrong



“Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude.”

—Nick Vujicic

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

—Willie Nelson

“We should certainly count our blessings, but we should also make our blessings count.”  
—Neal A. Maxwell



“I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I’m going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice.”

—Mike Ericksen

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

—Epicurus

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”



“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and

within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”

—Seneca

“When we give cheerfully and accept gratefully, everyone is blessed.”

—Maya Angelou

“We must find time to stop and thank the people who make a difference in our lives.”

—John F. Kennedy



