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

**Grateful: A Love Song to the World**

Musicians Nimo Patel and Daniel Nahmod brought together dozens of people from around the world to create this beautiful, heart-opening melody. Inspired by the 21-Day Gratitude Challenge, the song is a celebration of our spirit and all that is a blessing in life. For the 21 Days, over 11,000 participants from 118 countries learned that gratefulness is a habit cultivated consciously and a muscle built over time. As a famous Roman, Cicero, once said, Gratitude is not only the greatest of virtues, but the parent of all others. This soul-stirring music video, created within a week by a team of volunteers, shines the light on all the small things that make up the beautiful fabric of our lives.

**Be The Change:**

Share this video with family and friends today as a springboard to reflect collectively on all that each of you is grateful for.