



daily GOOD

Gratefulness is the only appropriate response to that which is given ... and this life is a given. Every human being can realize that: We didn't make ourselves, we didn't even choose this life. If you train yourself to be grateful for everything, every moment, then when you come to something that you don't like, you realize it's still given and you have to deal with it. You will be alert to the gift within every gift, which is opportunity.

--Brother David Steindl-Rast

Gratefulness

Be The Change: