



daily GOOD

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. --Melody Beattie

Grateful Voices

"Grateful Voices is a video project highlighting the stories of seven individuals with seven different life stories, each of whom finds gratefulness amidst pain, suffering and all of life's challenges. For one participant, gratefulness is "like a friend sitting next to me." Whether it be through loss or the acceptance of a disability, they express the gift that it is to be alive in any given moment and a recognition that "there's always another way to go," if an old way is no longer possible. Gratefulness is a path to what is possible."

Be The Change:

Consider keeping a daily gratefulness journal to incorporate gratefulness into your life.