

Learning How to be Grateful

It takes practice to become a grateful person and there is great power in living a life of gratefulness.

Please, understand that living a life that is characterized by gratefulness in no way means that you will by-pass all pain and disappointments. It just means that you will set yourself up to be a learner rather than a lamenter.

There are eight “Re-thinks” that we must incorporate in our life as we make this journey through life.

G _____

R _____

A _____

T _____

E _____

F _____

U _____

L _____
