

A scenic autumn landscape featuring a calm lake in the foreground. The water reflects the vibrant colors of the surrounding trees, which range from bright yellows and oranges to deep reds and greens. In the background, misty mountains are visible under a soft, hazy sky. The overall atmosphere is peaceful and serene.

The Power
of gratitude



Gratitude is powerful because it enhances wellbeing, strengthens relationships, shifts focus from negative to positive aspects of life, improving emotional and psychological health.

TheThriveCenter.org

**Gaze upon gratitude and you'll
find that it's a virtue with
incredible depth and power.**

Dr. Pam King

We find that two things occur when thankfulness fills the mind: first, there is increased growth in our consciousness, for we have come to the place of acknowledging God as the source of good; second there is a consequent increase in manifestation of this good in body or in affairs.

Unity Correspondence School

**Rejoice always, pray without ceasing,
give thanks IN all circumstances for
this is the will of God.**

1 Thes. 5.16-18

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.

Ralph Waldo Emerson

When practiced consistently, gratitude can become a virtue that guides us toward fairness, humility, patience, loyalty, optimism, and kindness. In this way, gratitude supports the growth of other strengths and helps us live with greater integrity.

Zachary Swanson

Gratitude often arises in response to the kindness of others, and expressing gratitude helps deepen trust, intimacy, and closeness in our relationships with others and God. By acknowledging and appreciating what others do for us, we build closer bonds and more supportive spiritual communities.

Zachary Swanson

Praise and thanksgiving are the strongest magnets to attract good, and gratitude is the law of increase.

Charles Fillmore

- **What we appreciate, appreciates.**
- **The more we are grateful, the more we'll have to be grateful for.**

If we really have this trust, this deep inner relaxation, it becomes possible to live our lives out of love, out of an appreciation of life, out of enjoyment in what the universe provides for us, and out of compassion and kindness for others and ourselves. To find our basic trust is to reconnect with our natural state that we have become separated from.

Keep centered in the feeling of thanksgiving. It is more than a response to what is happening around you or to you. It is a celebration of Truth, which becomes a causal assurance of a continuity of blessings, leading toward prosperity for you.

Eric Butterworth – *Spiritual Economics*

As gratitude becomes a habit, it settles more deeply into character. What begins as a fleeting emotion becomes a stable trait that guides intentions, decisions, and actions. At this point, gratitude is not just something we feel but something we embody as part of our identity. It is recognized as a religious virtue because it consistently directs us toward self-transcendence, connecting us to something larger than ourselves and motivating us to respond with care, love, humility, and generosity. In this way, moments of gratitude accumulate and gradually shape who we are, allowing us to live moral and spiritually healthy lives grounded in virtue.

Gratitude is like the rich soil that nurtures the seeds of prosperity; without it, growth is stunted and the harvest is meager.

Charles Fillmore – *Prosperity*

GRATITUDE JOURNAL –

PositivePsychology.com

- search Gratitude

Watching the News?

**What GOOD lies in POTENTIAL
that I can be grateful for?**

**Write it on our
“Open-Mindedness” BANNER.**

MAKE A LIST –

When I am _____,
(waking up, having a meal, at a red
light, not feeling well, lonely, going
through change, running late,)

I appreciate _____.



