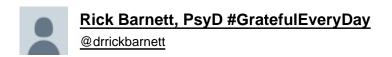
# Twitter Thread by Rick Barnett, PsyD #GratefulEveryDay





## #gratitude thread 1/12

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." Voltaire

# #grateful for classics @CIIS\_SF

#gratitude thread 2/12

"When eating fruit, remember the one who planted the tree." Vietnamese Proverb @BreneBrown @grateful for cultures

#gratitude thread 3/12

"Got no checkbooks, got no banks, still I'd like to express my thanks. I got the sun in the morning and the moon at night." Irving Berlin @PolarisInsight

#grateful for music

#gratitude thread 4/12

"For my part, I am almost contented just now, and very thankful. Gratitude is a divine emotion: it fills the heart, but not to bursting; it warms it, but not to fever." Charlotte Bronte #grateful for literature @Drug\_Researcher

#gratitude thread 5/12

"No duty is more urgent than giving thanks." James Allen #grateful for "As a Man Thinketh" (legendary book) @Chacruna\_net

#gratitude thread 6/12

"Enjoy the little things, for one day you may look back and realize they were the big things." Robert Brault #grateful for #littlethings @MAPS

#gratitude thread 7/12

"Enough' is a feast." Buddhist Proverb (wicked #grateful for #buddhist thought)

@rhoadsoda @tal7291 @drrobbietee

#### #gratitude thread 8/12

"They are wise who do not grieve for the things which they have not, but rejoices for those which they have." #epictetus (modified language) #grateful for #stoic philosophy and <u>@dailystoic</u> <u>@RyanHoliday</u> and <u>@Johnkellymgh</u> for Daily Stoic Meditations book rec.

#### #gratitude thread 9/12

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." Germany Kent

#grateful for funny first names like "Germany" @headdock

#### #gratitude thread 10/12

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." AA Milne #grateful for children's stories that teach invaluable life lessons <u>@StefanKertesz</u>

### #gratitude thread 11/12

"Wear gratitude like a cloak, and it will feed every corner of your life." #Rumi ... what can we say about Rumi, OMG, so #grateful @RCarhartHarris

#### #gratitude thread 12/12

"We must find time to stop and thank the people who make a difference in our lives." JFK @awakn\_ls

Please tag people, things, place, organizations, etc.. you are grateful for and retweet.