

## GRATITUDE

To be grateful for what is,  
instead of underscoring what is not.

To find good amid the unwanted aspects of life,  
without denying the presence of the unwanted.

To focus on beauty in the little things of life,  
as well as being deliberate about the great beauties  
of art, literature, music, and nature.

To be present to one's own small space of life,  
while stretching to the wide world beyond it.

To find something to laugh about in every day,  
even when there seems nothing to laugh about.

To search for and to see the good in others,  
rather than remembering their faults and weaknesses.

To be thankful for each loving deed done by another,  
no matter how insignificant it might appear.

To taste life to the fullest,  
and not take any part of it for granted.

To seek to forgive others for their wrongdoings,  
even immense ones, and to put the past behind.

To find ways to reach out and help the disenfranchised,  
while also preserving their dignity and self-worth.

To be loving and caring as possible,  
in a culture that consistently challenges these virtues.

To remember to say or send "thank you"  
for whatever comes as a gift from another.

To be at peace  
with what cannot be changed.

--Joyce Rupp  
*The Circle of Life*

