



“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
author and journalist





“If you want to
find happiness,
find gratitude.”

Steve Maraboli

author and motivational speaker





“If much has been
denied me, much,
very much, has
been given me.”

Helen Keller

author and activist





“I don’t have to chase extraordinary moments to find happiness – it’s right in front of me if I’m paying attention and practicing gratitude.”

Brené Brown
author and researcher

