GRATITUDE QUOTE POSTER:

DISCUSSION:

Quotes are like road signs.  They give you directions for your journey, and provide inspiration along the way.

Sometimes people's wisdom, or teaching, or thoughts are written in a short, sharp, memorable manner, or they are extremely profound, and they're repeated by others and for others.

 Quotes serve as: reminders, guides, teachers, inspirations, and motivators.  Quotes can help you on your way by reminding you of something, by keeping you focused, by moving you in the direction that you want to go. These quotes are about gratitude.

This assignment focuses on the character trait of gratitude.

Show this inspirational gratitude video:

<http://www.spreadinggratituderocks.com/#!gratitude-video/c1zve>

Objective: Ancient philosophers often spoke of the virtues of gratitude. In modern society we often undervalue, or forget, the importance of such virtues in our daily lives. This life lesson encourages this essential character in our youths, rather than nourishing an attitude of entitlement. Gratitude is the key. It is the cornerstone to so many other great qualities and characteristics that make man….kind. Current science shows a strong link between happiness and gratitude as well as many other desirable health and social benefits.

**ASSIGNMENT: Choose one of the following quotes and interpret it using your own words. What is the message that the quote conveys?**

**You will create a visual on a full size poster board. It should include the quote and your visual interpretation of the message. It should also include visual items that express the meaning of the quote.**

**Quotes can be modified for younger students.**

**Your project will be graded based on Content (10 pts.), Presentation (10 pts.), and**

**Visual Appearance (10 pts.). It will be worth a total of 30 points**

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GRATITUDE QUOTES:

**Gratitude is not only the greatest of virtues, but the parent of all the others.”**

* Cicero

 "I was complaining that I had no shoes till I met a man who had no feet."

- Confucius

“Be the change you wish to see in the world”

- Gandhi

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﻿"When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. If you see no reason for giving thanks, the fault lies with yourself."

- Tecumseh, Shawnee Chief

“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.”

Johannes A. Gaertner

“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”

- Fredrick Koeing

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

- Oprah Winfrey

“If the only prayer you ever say is thank you, that would be sufficient.” ― Meister Johann Eckhardt

 “Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.”

— Edwin Arlington Robinson

 “When we replace a sense of service and gratitude with a sense of entitlement and expectation, we quickly see the demise of our relationships, society, and economy.”

― Steve Maraboli

 “Ingratitude produces pride while gratitude produces humility.”

* Orrin Wood

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“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

* Melody Beattie

“Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.”

― John Ortberg,

 “Find the light. Reach for it. Live for it. Pull yourself up by it. Gratitude always makes for straighter, taller trees.” ― Al R. Young

 Gratitude is an art of painting an adversity into a lovely picture.

 - Kak Sri

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“Gratitude is the music of the heart, when its chords are swept by the breeze of kindness.”  - Author Unknown

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“When our perils are past, shall our gratitude sleep?”  - George Canning

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“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust

 “Gratitude is the sweetest thing in a seeker's life- in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes.” ― Sri Chinmoy

**“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”**

- Sarah Ban Breathnach

**“Life is not about waiting for the storms to pass ... it's about learning to dance in the rain!”**

- Unknown

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus

**“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that**

**nurtures the soul.”**

- Rabbi Harold Kushner

**“Thankfulness is the beginning of gratitude.   Gratitude is the completion of thankfulness.  Thankfulness may consist merely of words.   Gratitude is shown in acts.”**

**-**  David O. McKay

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"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

-  Denis Waitley

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 "Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world." -  - John Milton

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-  Melody Beattie

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"Gratitude is when memory is stored in the heart and not in the mind."

-  Lionel Hampton

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- William Arthur Ward

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“When it comes to life the critical thing is whether you take things for granted or take them with gratitude.”

- Gilbert K. Chesterton

“ Gratitude is the fairest blossom which springs from the soul. ”

* Henry Ward Beecher

“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

 “Acknowledging the good that you already have in your life is the foundation for all abundance.”

― Eckhart Tolle

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.”

 ― A.A. Milne, Winnie-the-Pooh

 “Some people grumble that roses have thorns; I am grateful that thorns have roses.”  ― Alphonse Karr