Twitter Thread by Rick Barnett, PsyD #GratefulEveryDay

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@drrickbarnett

#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 @dailystoic @RyanHoliday and @Johnkellymgh 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 @StefanKertesz

#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.