

## "Gratitude is the Best Attitude"

## My Expressions of Gratitude

Life can be extremely fragile when you consider how fast the basics – food, clothing, electricity, water and shelter can be taken away by a hurricane called Sandy.

The beauty of nature – magnificent mountains, changing seasons, the smell of flowers, roaring waves, sunrises and sunsets.

A nice drive on a scenic road.

Family and friends who have a sense of humor to help us laugh our way through the rough spots and who rekindle our spirit.

Birthdays, holidays, vacations and traditional celebrations that create fond memories.

Good health and our seven senses of sight, hearing, smell, taste, touch, common sense and nonsense.

A special friend who is always there when you need him or her.

Simple pleasures in a complex world.

Love at any age.

Thoughtfulness, sharing and forgiveness.

The ability to change and the challenge to improve.

Productive days, reaching our goals and setting new ones.

Volunteers, teachers and doctors who care about and help others.

The month of November, when sunsets throw a deep orange glow across clouded skies and the full moon shines brightly.

The right to vote and free speech.

Cultural activities including film, theater, music and art.

Police officers and firemen who risk their lives every day to serve and protect us.

A good book to enjoy that allows us to experience other lives, historical events and places in the world.

Digital photos and video that capture our lives, times and create beautiful memories.

People who are kind, generous and helpful.

Positive experiences in life and the lessons we learn from adversity.

Leaves on trees that turn colors during autumn and crunch underfoot on a clear, crisp day.

Miracles, both great and small.

Weekends spent doing something or nothing with someone very special.

All religions and the ability to worship as we choose.

The Red Cross and other relief organizations that help us at every disaster.

Random acts of kindness.

The feeling of warmth on a chilly morning.

Those who help us in times of ill health and sorrow.

Joy in being surprised -- no matter what the occasion.

Our brave armed forces, wounded warriors, veterans and all the men and women who have given their lives to defend our freedoms and country.

For whatever makes you grateful, I'm extremely grateful. Mare