

37 Things to be Thankful for

by Mayat and J. Gresham

1. Be thankful for your life.
2. Be thankful for your family.
3. Be thankful for your love ones.
4. Be thankful for the food that **Mother Nature** provides.
5. Be thankful for the air that you breathe.
6. Be thankful for the sun, moon and stars.
7. Be thankful for the trees, flowers and shrubs.
8. Be thankful for your fine healthy body.
9. Be thankful for your home, car and belongings.
10. Be thankful for your mind, emotions and senses.
11. Be thankful for **love, peace, and harmony**.
12. Be thankful for the ability to think.
13. Be thankful for the ability to dream.
14. Be thankful for your child(ren).
15. Be thankful for your health.
16. Be thankful for **obstacles because they help you to grow and build character**.
17. Be thankful for your bank account.
18. Be thankful for your pet(s).
19. Be thankful for technology.
20. Be thankful for your parents and grandparents.
21. Be thankful for **elders and the opportunity to learn from their experience**.
22. Be thankful for living in time of opportunities.
23. Be thankful for your occupation.
24. Be thankful for **your teachers**.
25. Be thankful for learning.
26. Be thankful for doctors and nurses.
27. Be thankful for you friends.
28. Be thankful for your spouse/significant other.
29. Be thankful for **your talents**.
30. Be thankful for a healthy mind.
31. Be thankful for your place of worship.
32. Be thankful for the arts.
33. Be thankful for the world.
34. Be thankful for drinking water.
35. Be thankful for the **oceans, lakes and rivers**.
36. Be thankful for great minds like A. Einstein, T. Edison, B. Gates, etc.
37. Be thankful for **energy**.