



## This Week's Inspiration

### March 3, 2010

## “Gratitude Rituals”

Dear Friend,

In my life experience I learn that great ideas produce insignificant results if I do not put them into practice. Strengthening our will through gratitude rituals is just such an idea. I wonder if I might challenge you again:

**A Daily Gratitude Ritual** – When you arose this morning, did you express your gratitude for at least two things in your life?

**A Weekly Gratitude Ritual** – Whom will you send a thank you note to this week?

**A Monthly Gratitude Ritual** – Are you exploring ways of serving others this month as an expression of your gratitude?

This week I have found it very easy to tell the Lord thank you in the morning because of the gratitude people expressed to me Sunday. I learned something new. Gratitude is infectious. Because people were so kind in thanking me, I felt inspired to give thanks to God for them. The will to be grateful makes both our lives and the lives of others around us richer. Thank you for the time you invest with me in these weekly inspirational messages.

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Weekly Inspiration

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