



# VeteranCaregiver.com Video Resource

## Recommended Resources: Importance of Gratitude

### Definition:

Gratitude is a feeling or expression of being thankful or grateful for the everyday blessings that we have, large or small. Living in gratitude is an enhanced awareness that brings perspective, balance, and improved health.

### Quote:

“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

### Resources:

What is Gratitude?

<http://bit.ly/1GRPrI3>

The Gratitude Project

<http://bit.ly/1rOCAsI>

Four Easy Ways to Practice Gratitude

<http://huff.to/15nfGVa>

Ten Ways to Become More Grateful

<http://bit.ly/1OyeNxe>

Eleven Tips for a Powerful Gratitude Journal

<http://bit.ly/1flwOiv>

### Video Resources:

Brother David on God, Love, Hope & Faith

<http://bit.ly/1HBCDR4>

A Powerful Meditation on Gratitude

<http://huff.to/1L5lEXf>

### Gratitude Blogs:

Kindness Blog

<http://kindnessblog.com/2015/01/07/gratitude/>

Gratitude Log

<http://www.gratitudelog.com/>

Power of Gratitude

<http://bit.ly/1Oykdly>

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated November 2015.