“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

- Melody Beattie
Part I: Before you listen to the audio:

Answer this reflection question: “Can I enjoy a heart of gratitude even when everything is stacked against me?”

__________________________________________________________

__________________________________________________________

__________________________________________________________

Part II: After you listen to the audio:

Answer this reflection question: “Can I enjoy a heart of gratitude even when everything is stacked against me?”

__________________________________________________________

__________________________________________________________

__________________________________________________________

List the three things you are most grateful for in your life today. Then, complete the “because” statement.

1. __________________________ because __________________________

2. __________________________ because __________________________

3. __________________________ because __________________________

Although having Parkinson’s disease is one of the biggest challenges for John’s dad, he has discovered specific aspects of the disease for which he is grateful. Identify THE biggest challenge in your life right now (relationally, spiritually, financially, professionally, emotionally or physically). Then identify three aspects of this challenge for which you are grateful.

__________________________________________________________

__________________________________________________________

__________________________________________________________

Melody Beattie states, “Gratitude unlocks the fullness of life.” As you begin to embrace your gratitude more fully this month, what do you hope your “full life” will look like? (Get as specific as you can so you can see what you are working towards! Remember, “Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”)

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