

Gratitude

Be grateful for the kindly friends that walk along your way;
Be grateful for the skies of blue that smile from day to day;
Be grateful for the health you own, the work you find to do,
For round about you there are folks less fortunate than you.

Be grateful for the growing trees, the roses soon to bloom,
The tenderness of kindly hearts that shared your days of gloom;
Be grateful for the morning dew, the grass beneath your feet,
The soft caresses of your babes and all their laughter sweet.

Acquire the grateful habit, learn to see how blest you are,
How much there is to gladden life, how little life to mar!
And what if rain shall fall to-day and you with grief are sad;
Be grateful that you can recall the joys that you have had.

Edgar Albert Guest (1881 -1959)