



# Gratitude Quotes

"Gratitude is the most passionate transformative force in cosmos."

~ Sarah Ban Breathnach

"Thanksgiving is a verb, not a noun."

~ Unknown

"Gratitude is the heart's memory."

~ French proverb

"Gratitude is Groovy!"

~ Doug Gertner, *The Grateful Dad*

"Gratitude helps you grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

~ Eileen Caddy

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

~ Margaret Cousins

"Nothing is more honorable than a grateful heart."

~ Lucius Annaeus Seneca (c. 4 BCE-65 CE)

"I am thankful at the dawning of each day, and for the strength to make my way."

~ Doug Gertner, *The Grateful Dad*

"Gratitude is the sign of noble souls."

~ Aesop (c. 620-560 BCE)

"Just to be is holy. Just to live is a blessing."

~ Rabbi Abraham Heschel

"Thank You (Falettinme Be Mice Elf Agin)"

~ Sylvester Stewart, *Sly & The Family Stone*

"Beware, be aware, be grateful."

~ Doug Gertner, *The Grateful Dad*

"Gratitude is free. No chains. No tolls."

~ Andy Quiones

"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

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

~ Marcel Proust

"A thousand things went rights today!"

~ Ilan Shamir

"It is not possible to feel gratitude and negativity at the same time."

~ Sharon Wegscheider-Cruise

"If the only prayer you ever say in your entire life is 'thank you,' it will be enough."

~ Meister Eckhart

"I Want to wake up every morning, with a smile on my face, and tell all the world all the love in my heart."

~ Carol King

"One of the surest signs of gratitude is laughter. Humor is a great way to turn gratings into gratitude."

~ Peter McWilliams

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

~ Thornton Wilder

"Gratitude KILLS!...it kills self-pity, jealousy, bitterness, and regret."

~ Marie Forleo

"Be grateful not hateful."

~ Doug Gertner, *The Grateful Dad*

"It is good to give thanks, for through thanksgiving comes awakening."

~ Rabbi Rami Shapiro

"Gratitude is not only the greatest of virtues, but the parent of all others."

~ Cicero

"In daily life, we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy."

~ Brother David Steindl-Rast @ [www.gratefulness.org](http://www.gratefulness.org)

"When eating bamboo sprouts, remember the man who planted them."

~ Chinese proverb

"We can feel gratitude, and even know what we are grateful for, without knowing for sure who or what is the author of our blessings."

~ William Galston

**"When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude.**

~ Elie Weisel

*Romanian-born, Jewish-American writer, professor, political activist, Nobel Laureate, and Holocaust survivor*

# Thank You

## In Many Different Languages

Africa	Dankie	Irish	Go raibh maith agat (for one person);
Albanian	Faleminderit		Go raibh maith agaibh (for many persons)
Bahasa Indonesia / Malay	Terima Kasih	Japanese	Dōmo Arigatō
Chinese (Mandarin)	Xie Xie or Xie' Xie' Ni	Javanese (Central Java – Indonesia)	Matur Nuwun
Chinese (Hokkien – Taiwan)	Kam Sia	Korean – gahm-sah-hahm-ni-da	
Danish	Tak	Laos	Khwap jai / Khob chai lai lai
Dutch	Dank U	Northern Ireland	Cheers Mate
England	Cheers	Portuguese	Obrigado / Obrigada
Filipino / Tagalog	Salamat	Russian	Spasiba
Filipino / Ilocano	Agyamanak	Scottish Gaelic	Tapadh Leat (tapa lev)
French	Merci	Serbian	Svala
Ghana, West Africa	Medasi	Slovak	Dakujem
German	Danke (Dahnk-uh)	Spanish	Gracias
Greek	Efxaristo / Efharisto	Sundanese (West Java – Indonesia)	Hatur Nuhun
Hawaiian	Mahalo	Swahili	Asante
Hebrew	Toda	Thai	Khob-kun-ka (if the speaker is a woman); Khob-kun-krub
Hindi (an Indian language)	Dhanyavad or Sukriya	Vietnamese	Cám Ơn
Hungarian	Köszönöm	Welsh	Diolch
Italian	Grazie / Molte Grazie		