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Help & Answers

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5-Ways to Guarantee a Thankful Heart!

From Meredith

1. Wake up every one in the morning with a thankful heart.
2. Focus on what you DO have not on what you don't have.
3. Play the Glad Game.
4. Go out of your way to appreciate everything people do for you.
5. Sing! Sing! Sing!

From Felice

1. Start with prayer – offer all you do to the Lord for the day.
2. Guard your tongue – do not allow complaining, grumbling or discontentment.
3. Focus on what is good by being thankful and end each day as a family (or at the dinner table).
4. Do things for others with a grateful heart without expectations of repayment.
5. Pay it forward – if someone is kind to you – you are kind to someone else.

Your Ideas:

- 1.
- 2.
- 3.
- 4.
- 5.



Felice Gerwitz



Meredith Curtis

Notes

[Meredith Curtis](#) is a Christian wife & mother. She is an author, publisher & hosts the [Finish Well Conference](#) each year in Orlando Florida.

[Felice Gerwitz](#) is an author, a publisher (Media Angels, Inc.) and the founder of the [Ultimate Homeschool Radio Network](#).

Today I won't complain, be
discontent or grumble. I will hold
every negative thought captive. I will
be thankful for big and little
blessings. I will do this with the grace
of God.

