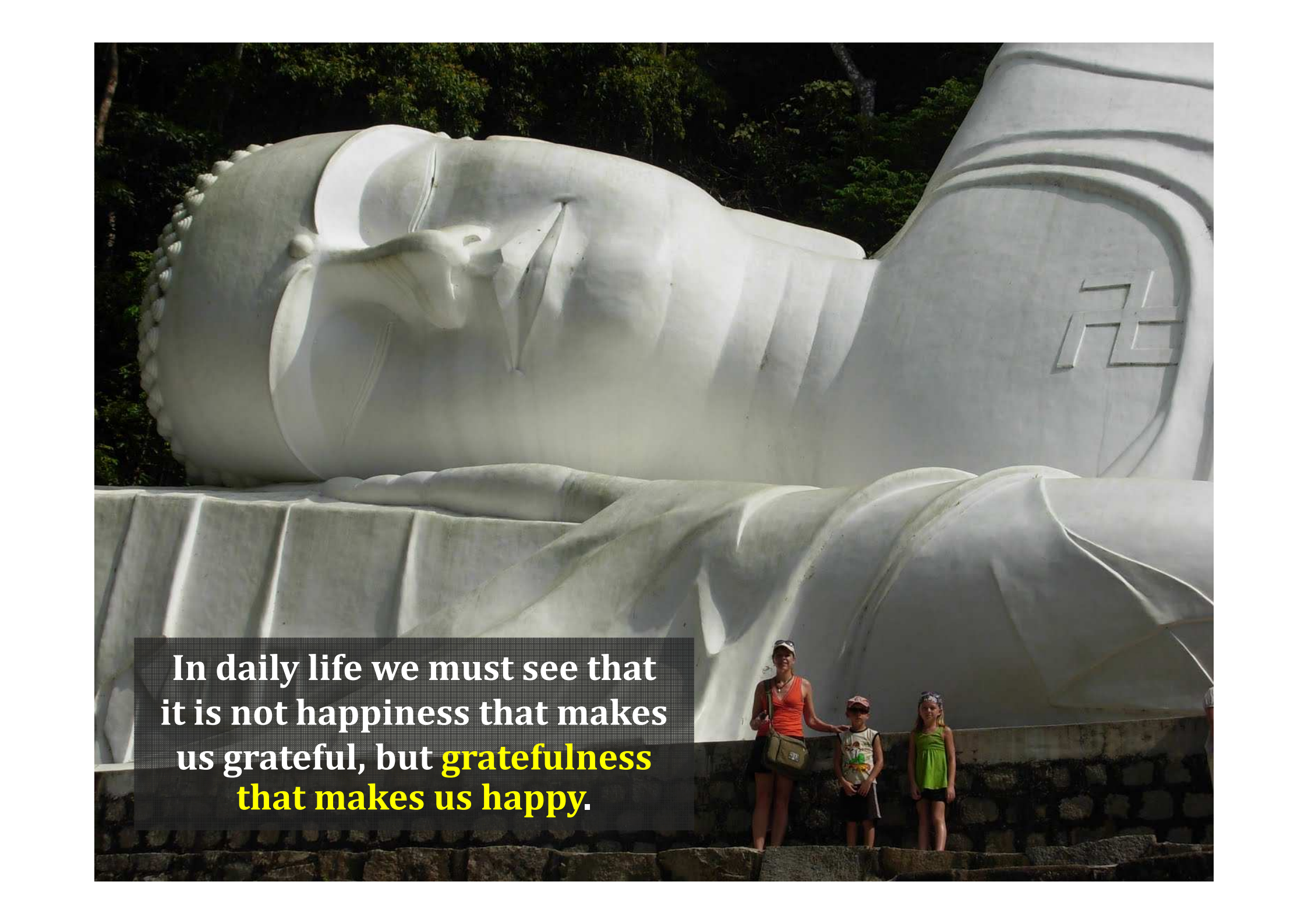


Be Thankful For



**Be thankful for what you have and
you will end up having more.** But if
you concentrate on what you don't
have, you'll never, ever have enough.
- Oprah Winfrey



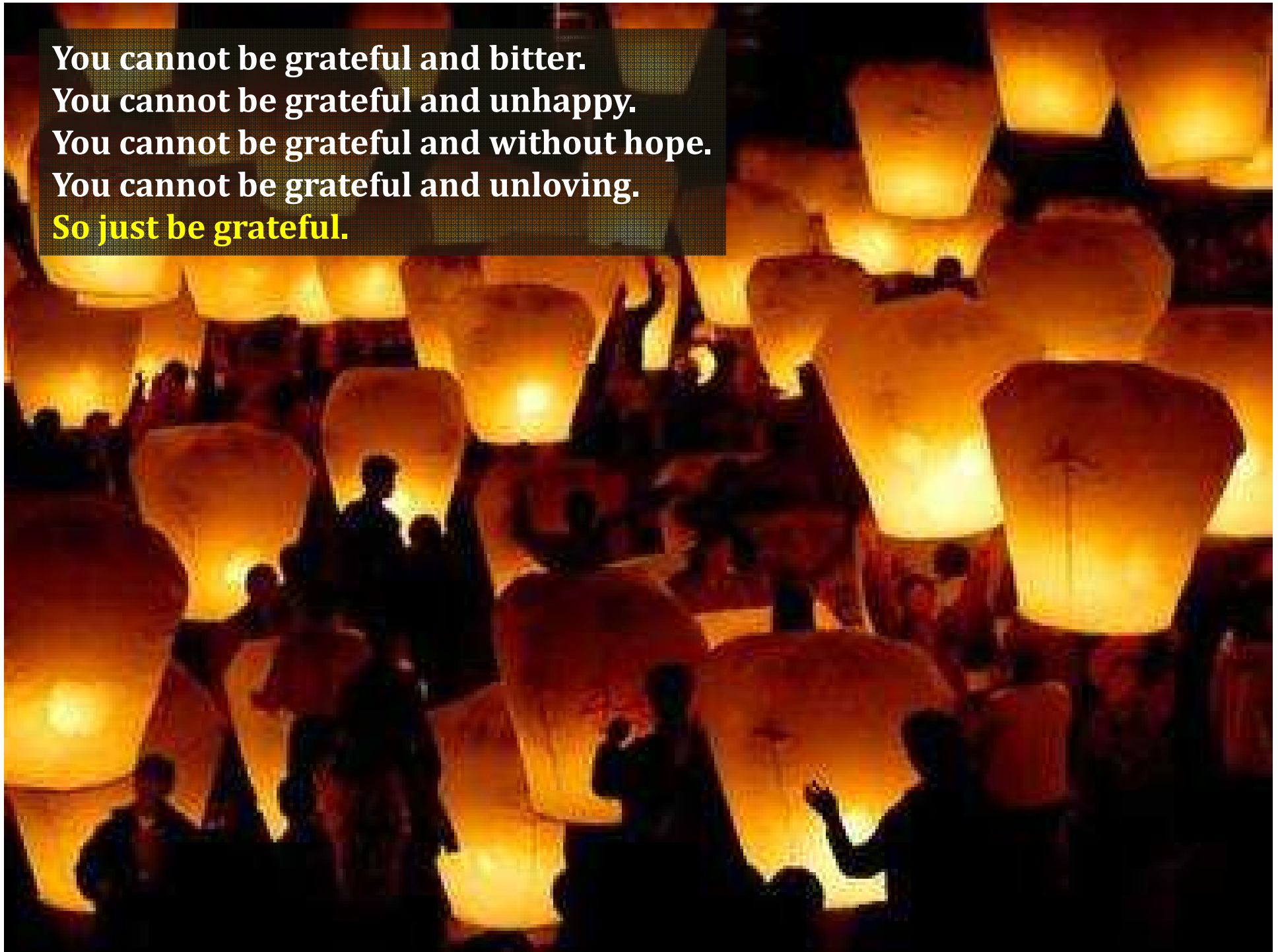
A large, white, reclining Buddha statue is the central focus of the image. The Buddha is lying on its right side, with its head resting on a pillow and its right arm bent across its chest. The statue is set against a backdrop of lush green trees. In the foreground, a woman in an orange tank top, a young boy in a white tank top and cap, and a young girl in a green tank top are standing on a stone wall, providing a sense of scale to the massive statue. The text "In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy." is overlaid on the image in a white font with a black background.

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

It is necessary, then, to 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.**

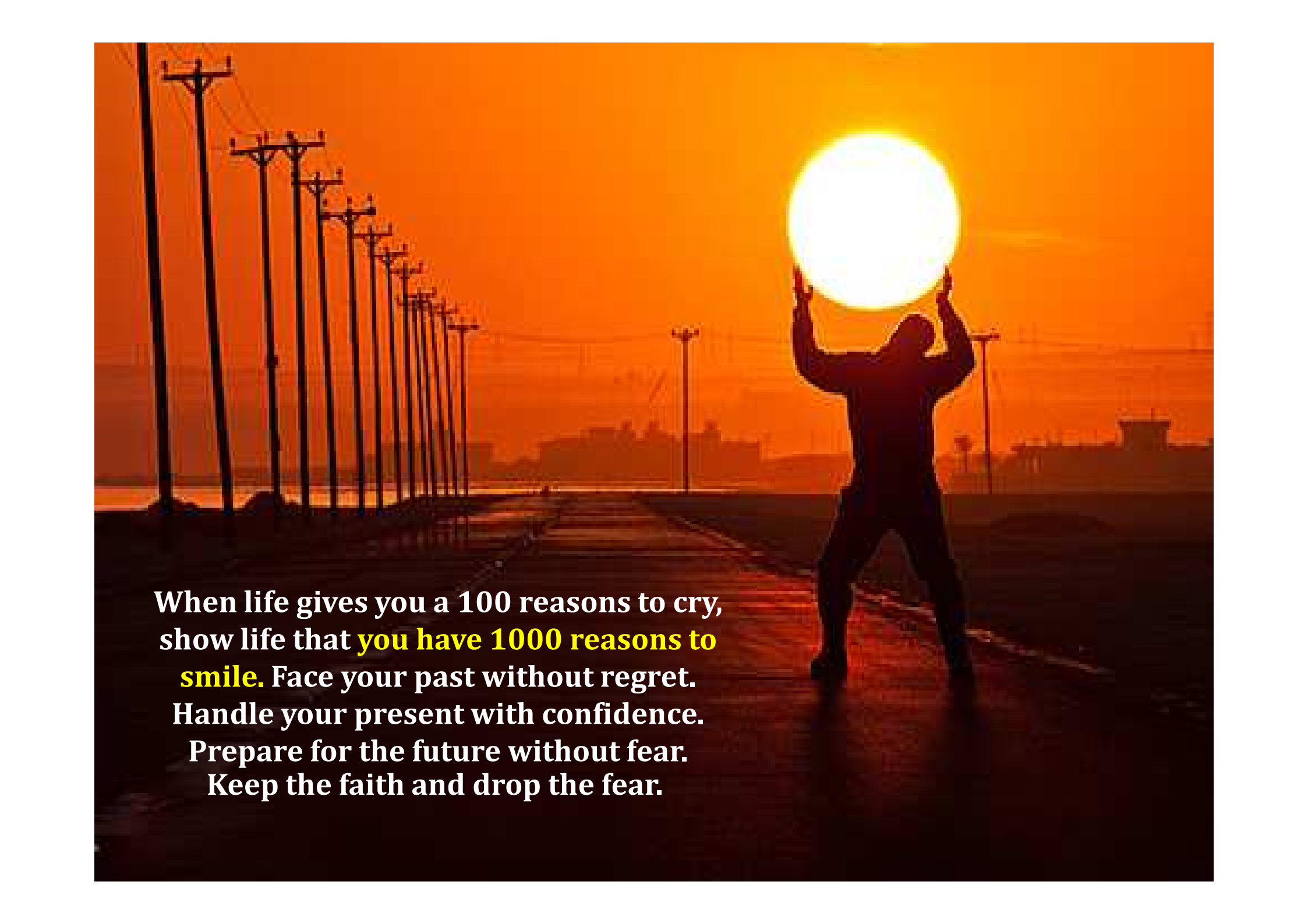


**You cannot be grateful and bitter.
You cannot be grateful and unhappy.
You cannot be grateful and without hope.
You cannot be grateful and unloving.
So just be grateful.**



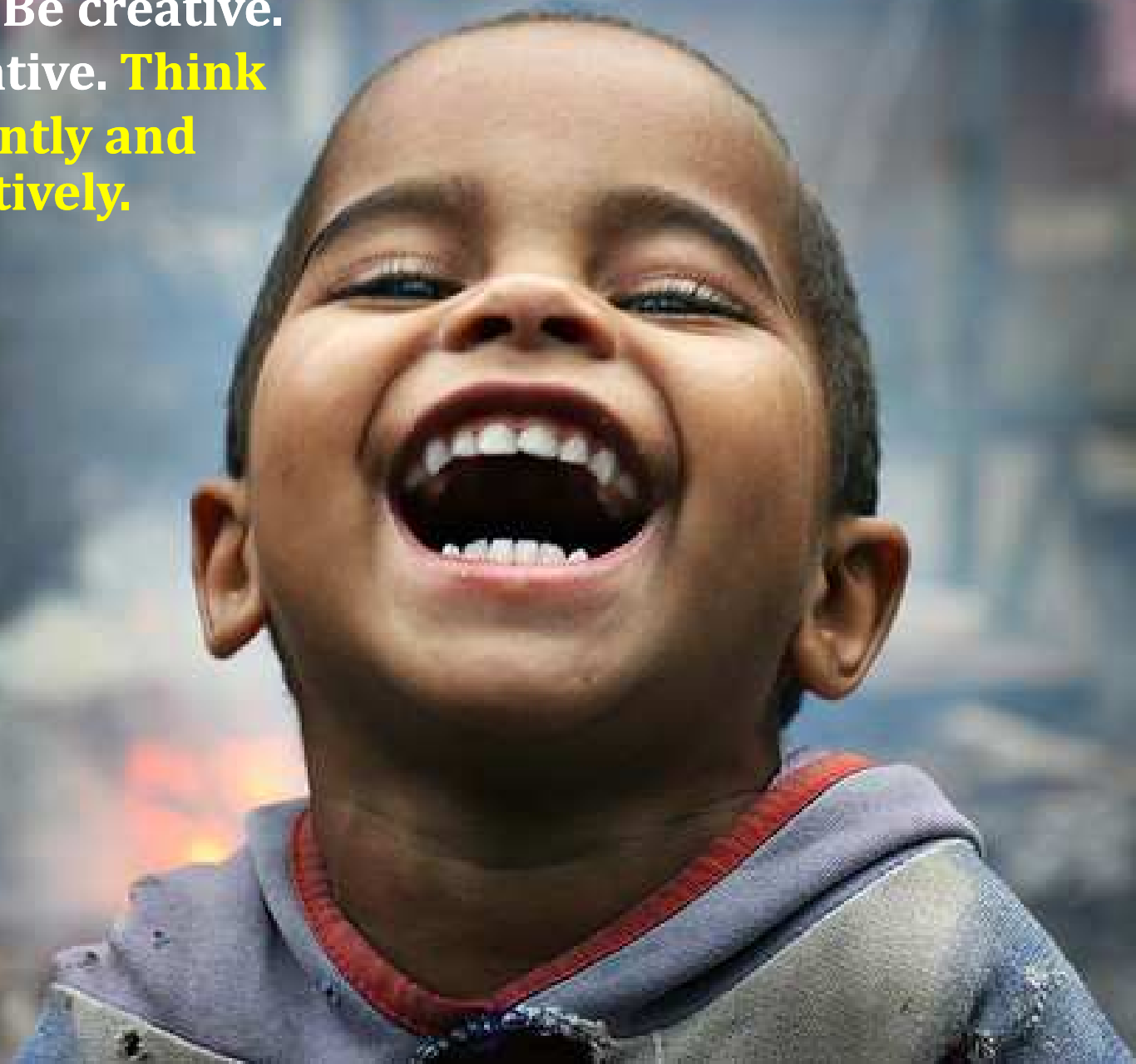


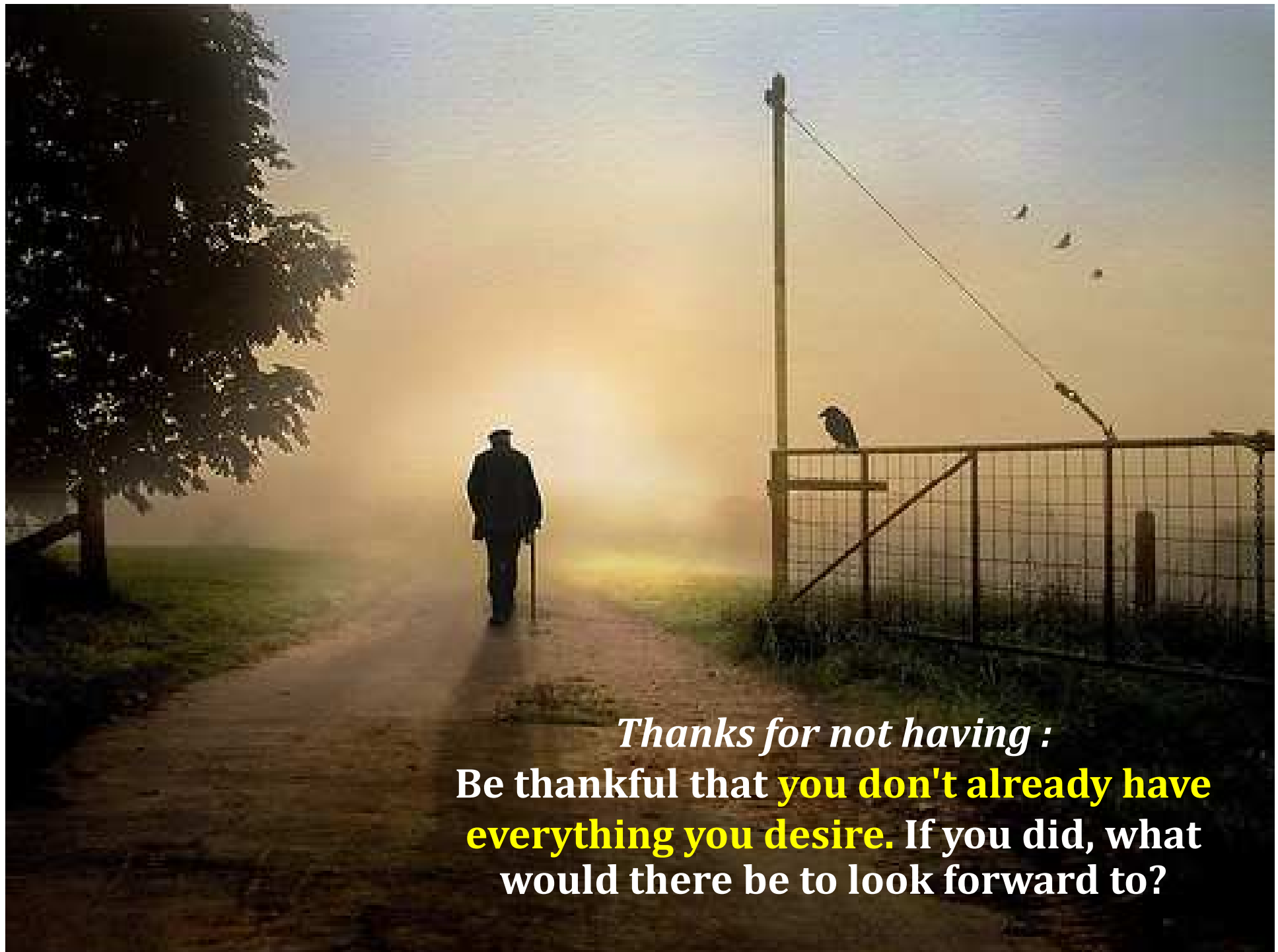
But even in the darkest hours,
we **can always find something
to be thankful for.** And during
much of our lives, we can find
many things to be thankful for.

A silhouette of a person stands on a dark, reflective surface, holding a large, bright, glowing sphere above their head with both hands. The background is a vibrant orange and yellow sunset sky. A series of tall, dark poles or power lines stretch from the left side of the frame towards the horizon, creating a sense of depth. The overall mood is inspirational and hopeful.

When life gives you a 100 reasons to cry,
show life that **you have 1000 reasons to
smile**. Face your past without regret.
Handle your present with confidence.
Prepare for the future without fear.
Keep the faith and drop the fear.

Be thankful for what
you have...Be creative.
Be innovative. **Think
differently and
positively.**





Thanks for not having :
Be thankful that **you don't already have everything you desire.** If you did, what would there be to look forward to?

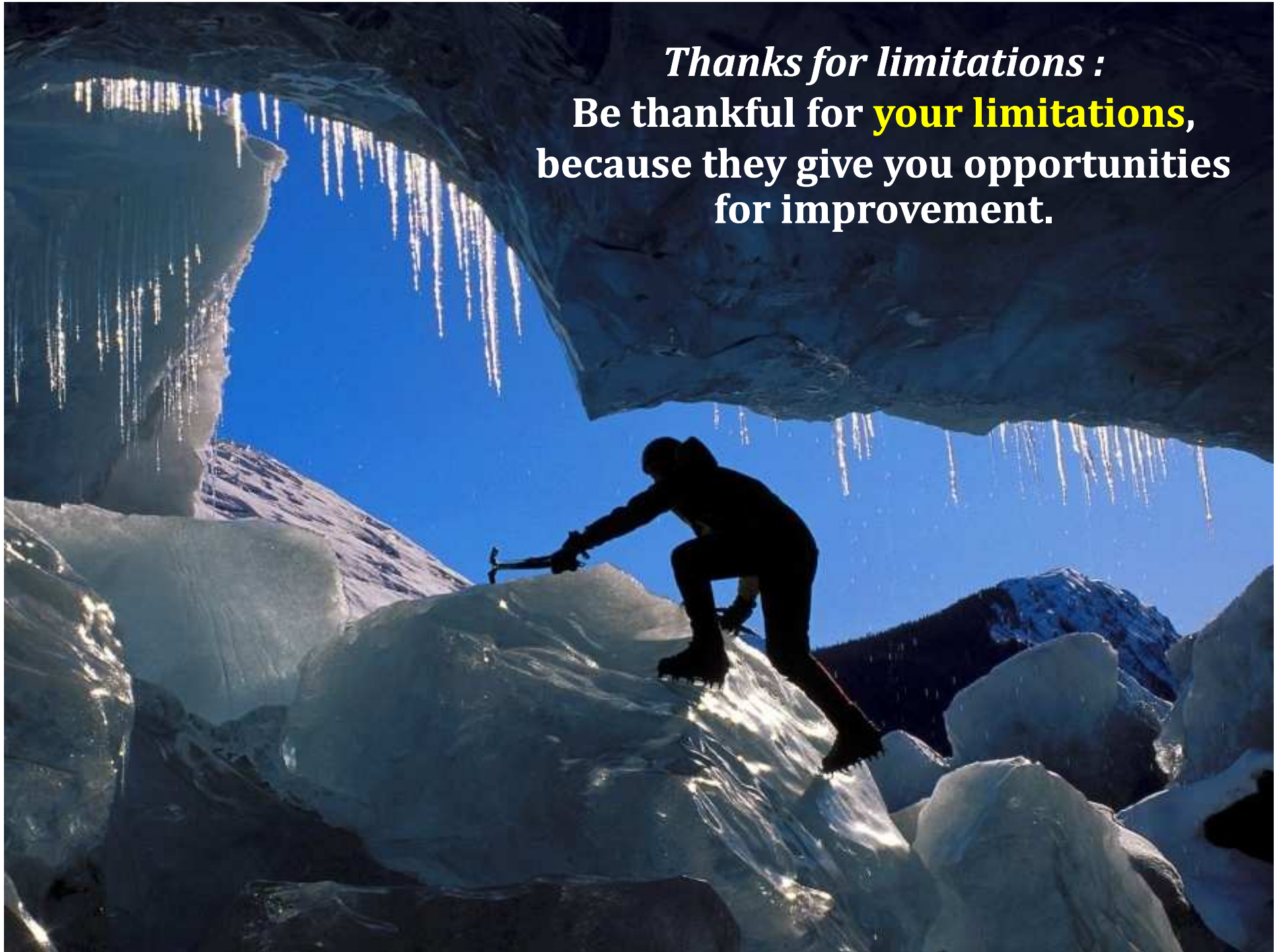
Thanks for lacking knowledge :
Be thankful **when you don't know something**,
for it gives you the opportunity to learn.



Thanks for difficult times :
Be thankful for **the difficult times.**
During those times you grow.



Thanks for limitations :
Be thankful for **your limitations**,
because they give you opportunities
for improvement.





Thanks for challenges :
Be thankful for **each new challenge**,
because it will build your strength
and character.

A snowboarder in a dark jacket and helmet is captured mid-air, performing a backflip. The sun is shining brightly in the upper left, creating a lens flare and illuminating the scene. Snow is visible in the air around the snowboarder. The background shows a vast, snow-covered mountain range under a clear blue sky.

Thanks for mistakes made :
Be thankful for **your mistakes**.
They will teach you valuable lessons.

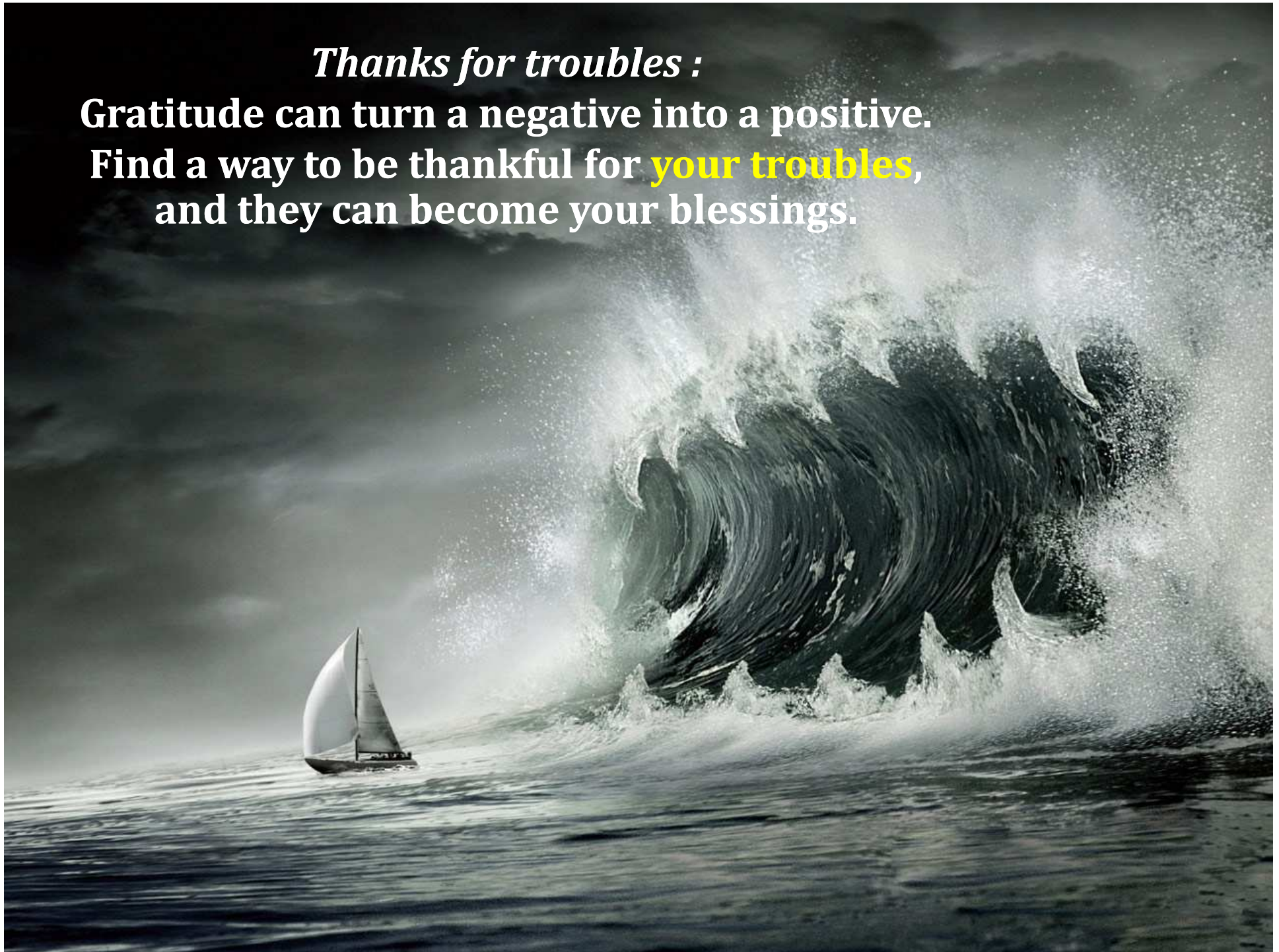


Thanks for exhaustion :
Be thankful **when you're tired**
and weary, because it means
you've made the effort.



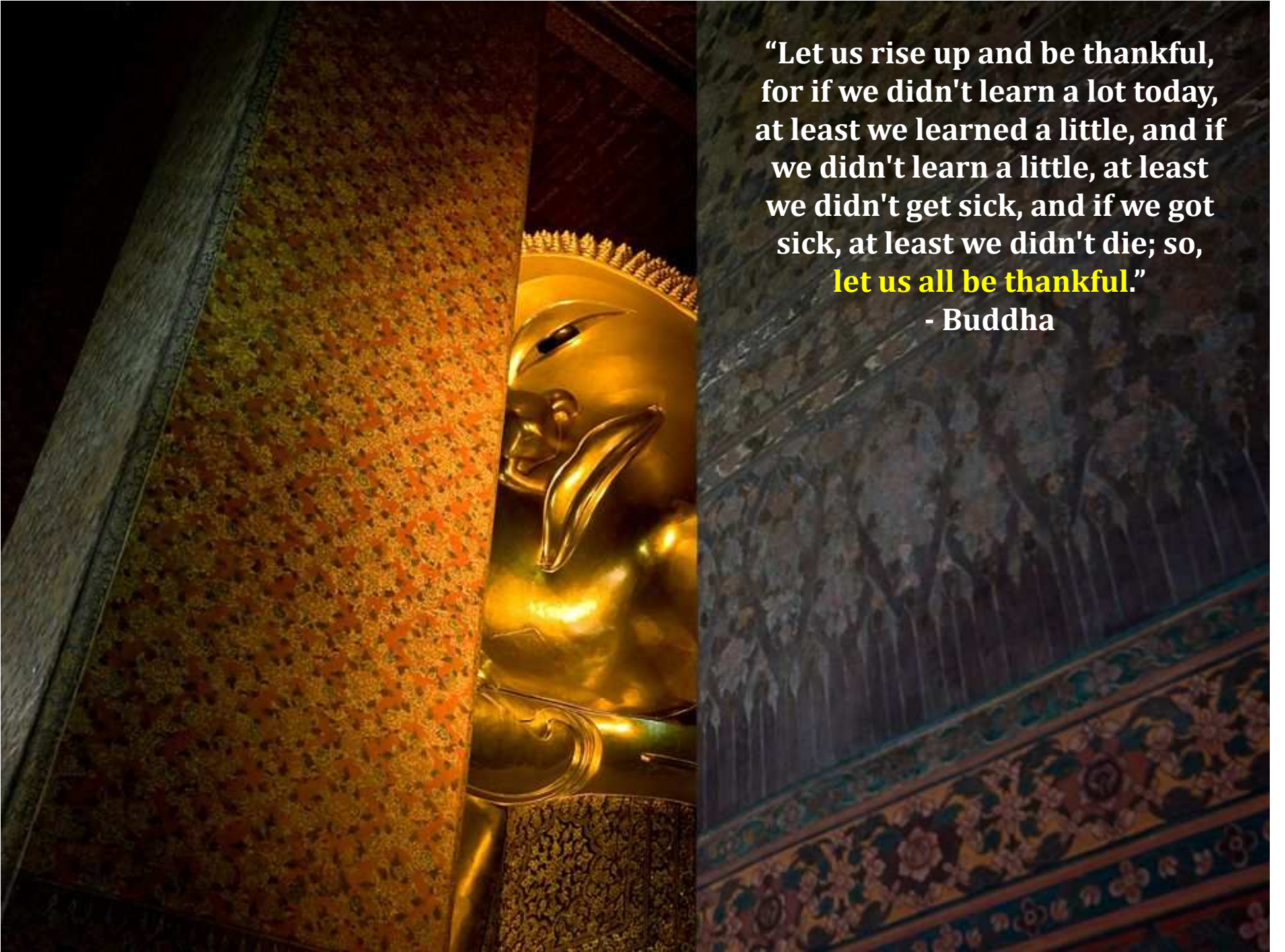
Thanks for setbacks :
It's easy to be thankful for **the good things.**
A life of rich fulfillment comes to those who
are also thankful for the setbacks.

Thanks for troubles :
Gratitude can turn a negative into a positive.
Find a way to be thankful for *your troubles*,
and they can become your blessings.



Live your life so that **the fear of death can never enter your heart**. When you arise in the morning, give thanks for the morning light. Give thanks for your life and strength. Give thanks for your food and for the joy of living. And if perchance you see no reason for giving thanks, rest assured the fault is in yourself.



The image is a vertical composition. The left half shows a close-up of a large, golden Buddha statue, likely a reclining Buddha, with its face and hand visible. The statue is set against a wall with a textured, orange and brown pattern. The right half shows a mural with a dark, blue and green background, depicting a scene with figures and trees. The text is overlaid on the right side.

“Let us rise up and be thankful,
for if we didn't learn a lot today,
at least we learned a little, and if
we didn't learn a little, at least
we didn't get sick, and if we got
sick, at least we didn't die; so,
let us all be thankful.”
- Buddha

**Be thankful always. It will
really develop a healthy
change in your life.**

**Thank You Very Much
Sompong Yusoonporn**