

Words That Inspire Gratitude

A compilation from the Patient Advisory Council

Gratitude, feeling grateful or thankful, has been linked to well-being. Kidney patient experts shared that when they read inspiring quotes or think about what they are thankful for, it makes them feel happy. Here is a listing of quotes that our patient experts have found helpful.



Life is not always the party we expected it to be, but as long as we are here we should smile and be grateful.

–Unknown

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

–Marcel Proust

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.

–A.A. Milne, Winnie-the-Pooh

Some people grumble that roses have thorns; I am grateful that thorns have roses.

–Alphonse Karr

It is impossible to feel grateful and depressed in the same moment.

–Naomi Williams

Gratitude can boost dopamine and serotonin, just like antidepressants.

–thepsychmind.com

Some days there won't be a song in your heart. Sing anyway.

–Emory Austin

What happens to a person is less significant than what happens within him.

–Louis L. Mann

Through loving kindness, everyone and everything can flower again from within.

–Sharon Salzberg

No one needs a smile as much as those who have none to give.

–Rabbi Samson Raphael Hirsch

Compassion is so often the solution.

–Danielle LaPorte

Be a rainbow in someone else's cloud.

–Maya Angelou

Our words are the ambassadors of our spirit.

–Unknown

My life is my message.

–Mahatma Gandhi

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
– William Arthur Ward

As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them
– John Fitzgerald Kennedy

I am only one; but I am still one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do.
–Helen Keller

Let our hearts and hands be stretched out in COMPASSION toward others, for everyone is walking his or her own difficult path.
–Dietrich Uchtdorf

At any given moment, you have the power to say this is NOT how this story is going to END.
–M.H.S. Pourri

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.
–Ralph Waldo Emerson

What are you grateful for? Are there quotes that inspire you? Use the following spaces to write down your favorite quotes and/or something you are grateful for.

I am grateful for...

I am grateful for...

For more information or to file a grievance, please contact:

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