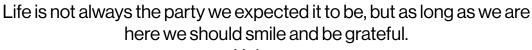
## Words That Inspire Gratitude A compilation from the Patient Advisory Council

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.



-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

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

-Naomi Williams

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

-Emory Austin

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

-Sharon Salzberg

Compassion is so often the solution.

–Danielle LaPorte

Our words are the ambassadors of our spirit.

-Unknown

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

-Alphonse Karr

Gratitude can boost dopamine and serotonin, just like antidepressants.

-thepsychmind.com

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

-Louis L. Mann

No one needs a smile as much as those who have none to give. -Rabbi Samson Raphael Hirsch

Be a rainbow in someone else's cloud.

-Maya Angelou

My life is my message.

-Mahatma Gandhi

As we express our gratitude, we must never Feeling gratitude and not expressing it is like forget that the highest appreciation is not to wrapping a present and not giving it. utter words but to live by them - William Arthur Ward - John Fitzgerald Kennedy I am only one; but I am still one. I cannot do Let our hearts and hands be stretched out in everything, but still I can do something. COMPASSION toward others, for everyone I will not refuse to do the something I can do. is walking his or her own difficult path. -Helen Keller -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.

l am grateful for	l am grateful for
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For more information or to file a grievance, please contact:

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