

# 感恩的 态度

*Gratitude*

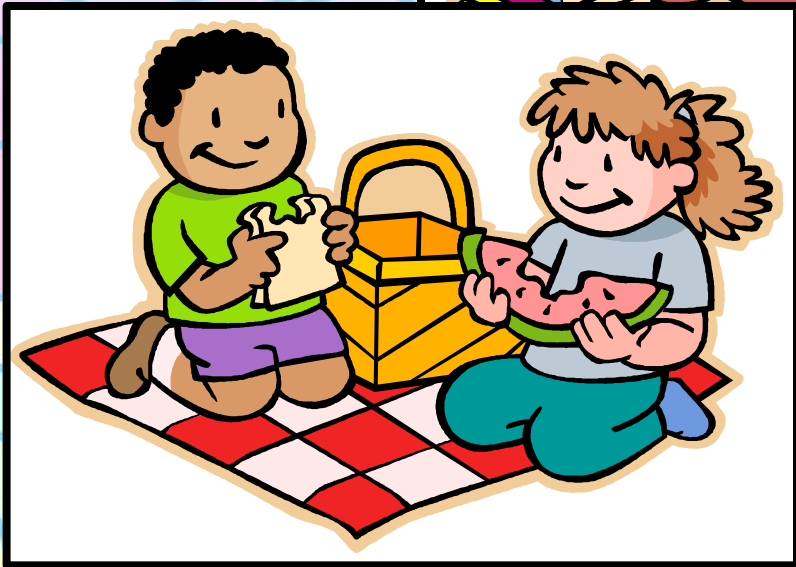
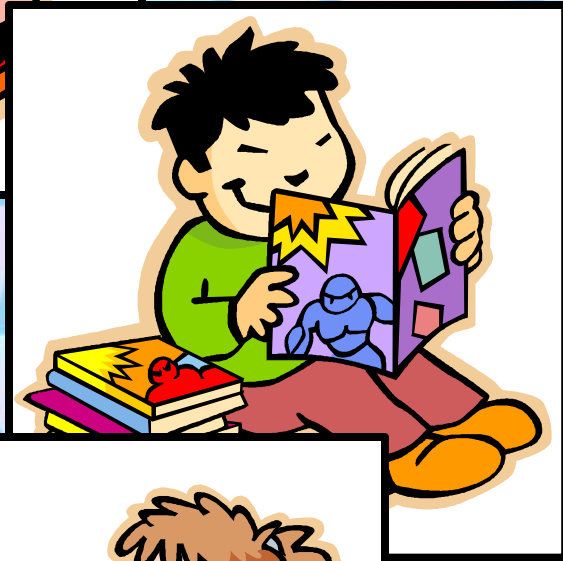




感恩的态度是每天花时间去感谢欣赏我有幸居住在其中的这个美好世界；在我的心里和思想上保留赞叹和感恩的空间。

*Gratitude is taking time to appreciate this wonderful world that I'm privileged to live in and to create spaces in my heart and mind for wonder and thanksgiving.*





日常的小事——一个三明治，  
一次淋浴，一次日落，一句来  
自朋友的鼓励的话，一次散  
步——全都是值得赞美和感恩。

*The little daily things—a sandwich, a  
shower, a sunset, an encouraging  
word from a friend, a walk—are all  
events that are worthy of praise and  
thanksgiving.*



快乐不在于环境，而在于我们自身。生活中永远不乏令你感恩的事物。

*Happiness is not in our circumstances but in ourselves. There is always something you can be thankful for.*





你要想想自己所拥有的东西，然后有颗感恩的心。

*Rather than fretting about what you don't have, reflect on all that you do have, and be grateful.*



歌唱、呼喊，甚至欢喜跳跃，无论你想用什么方式来表达感激之心都行。



*Sing, shout, even jump for joy—  
whatever you feel like doing to express  
gratitude.*

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