

The most beautiful way  
to start and end the day  
is with a grateful heart.  
May these daily reflections  
help shine some light into  
each day of the year.



# Daily Reflections

SISTERS OF THE PRESENTATION  
DUBUQUE, IOWA



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

*John F. Kennedy*



# Day 1 of 365

Approach the New Year with resolve to find the opportunities hidden in each new day.

*Michael Josephson*



# Day 5 of 365

Set your goals high and do something  
every day to move forward.

*Unknown*



Day 44 of 365

Everyone you meet is fighting a battle  
you know nothing about. Be kind. Always.

*Brad Meltzer*



# Day 78 of 365

Those who disagree can do so with honor  
and respect for other people's opinions,  
and an appreciation for our shared humanity.

*Marianne Williamson*



# Day 186 of 365

Remember, perspective can cause two people to look at the same thing and see two totally different things.

*Unknown*



# Day 365 of 365

Let today be the day you love yourself enough  
to no longer just dream of a better life,  
let it be the day you act upon it.

*Unknown*

NEW YEAR  
NEW YOU

