



“Gratitude is not only the greatest of virtues but the parent of all others.” — Cicero

I believe that starting each day with a heart of gratitude is very important, I find it grounding; like a prayer that is just for me. Having an Attitude of Gratitude is what helps me see the silver lining in the clouds, or the rainbow after the rain. The more you look for good, the more you will see it, the good that is.

Each November my family and I focus on our moments of gratitude each day. Over dinner we share what the day gave us to be thankful for. After dinner we write down our Gratitude's, decorate the page, and add it our Gratitude Centerpiece on our table. Then at the end of the month I make it into a book. I know that I will be grateful for having these precious memories to look back on as my sweet girls grow older.

I would love to gather a Gratitude from everyone at Sterling Pointe. Please take a minute and share what you're thankful for. I know that I am thankful for Sterling Pointe, each person here has become a part of my family and daily happiness.

With Gratitude,
Katie Rinehimer