



BE MORE

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In his 1963 Thanksgiving Day proclamation, John F. Kennedy reminded the nation that in our gratitude, "we must never forget that the highest appreciation is not to utter words, but to live by them." This month's box takes those sentiments to heart. And to life.

Every trifle, bauble and curiosity within was carefully selected to help you be more mindful and intentional as you approach each day with gratitude. It starts with small choices. Little moments where you take time to not only feel appreciation. But to turn that feeling into actions and deeds that reach well beyond yourself.

Gratefully Yours,

*Jill Ann*

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## A life of gratitude is a life of introspection.

Place this decal on your mirror as a reminder of all the good in your life. Reflect on your talents, your loved ones, your experiences. Everything that brings you joy.

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## Treasuring the tiny blisses hidden in each day is the mark of a truly grateful life.

Don this delicate bracelet to honor the slightest delights from morning walks to getting lost in a good book to the kindness of strangers.

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## Sometimes the things we love most get buried under the chaos of living.

In these moments thinking of even one reason to be grateful can be an arduous task. These dice bring 18 of life's joy to light. Roll, remember, reflect.

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## Gracious living requires us to be more mindful of the pleasures we often take for granted.

To sincerely take note of everything there is to appreciate. Inscribe your own thoughts of gratitude on these tabs and place them in the jar for safekeeping.

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## Gratitude does very little good if it's secreted away.

Our loved ones need to know we appreciate the cheer, solace, and courage they bring to our lives. Use these notecards to express what they genuinely mean to you.

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## Giving others something to be grateful for is one of life's most transcendent joys.

Be it a small token of a memory shared or simply a just-because keepsake, slip it into this tote and bestow the spirit of gratitude.