

# Importance of Gratitude

**Post by "EricR" of May 27, 2022 at 7:33 AM**

Thanks, Don. My favourite sentiment in it is the idea that "today is the only day that is given to you...today." There is something so obvious about that. Yet so many allow pain in the form of anger, resentment, and hatred to dominate that simple fact. It is very sad.

I personally am quite comfortable with a supernatural god being invoked if it draws someone's attention to gratitude. I don't know what may or may not lay beyond, but I do know that being grateful for my days promotes a happier time here. I realize that is anathema to this site, but I gotta be me! 😊