



A FULL AND THANKFUL HEART

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine — both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

— Bill W.,
in *The A A Way of Life*