**T** - Today. This is the day the Lord has made, I will rejoice…..”  
(Psalms 118:24)

**H** - Helping others. Volunteer to help your neighbor, and elderly person. Get your mind off of your problems & love people. (Luke 6:38)

**A** - Always keep your mind on positive, uplifting thoughts. Be appreciative to God  
(Phil. 4:8)

**N** - Near. Draw near to God. (James 4:8) Prayer (I Cor. 14:15) & Bible study (II Tim. 2:15)

**K** - Knowledge. When you know being thankful will please God and bring breakthrough’s In your life, you will desire a thankful heart every day. (Psalms 46:10)

**F** - Faith. Our faith (Ro. 10:17) will see us through any storm. We can be thankful & praise & worship God, even in the tough times. (Acts 16:25 & 26)

**U** – Unity. When you’re thankful, you are a happy person desiring to get along with everyone. It may not always happen because some people will reject you. But your temperament is thankful, desiring to walk in God’s love. (Ps. 133:1/Eph.4:3/Ro.12:18)

**L** - Live, Love, Laugh! (I Cor. 13:13; Phil 1:21; Phil. 4:4; Psalm 126:2)