Contribution and Gratitude

Cracking Top Ten

When asked how makes a great cracker, Sir John Winnocott, Chairman of Jacob's Biscuits, replied, "**Contribution and gratitude.**"

"Someone who carries out an going work on Smack!"

Sir John Winnocott

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Contribution and Gratitude - Michael Roach

Michael Roach

Hello and Welcome

As months can remind of the power of **contribution and gratitude** to our lives, I'm reminded of the power of our **gratitude** for **contribution**. Remember a time when someone helped you in a way that made a difference in your life? Of course, we may not all remember the exact moment when we first learned to read, but we can remember the people who helped us. Remember the teachers who taught us to read and write? Remember the people who made it possible for us to go to school?

Now, we can't always appreciate the power of contribution or kindness in a moment when we are being kind or giving. But, we can always appreciate it when we are the recipient of kindness. We can always appreciate it when we are being on the receiving end of contribution. We can always feel the kindness and be thankful for it. We can always feel the kindness and be doing so, with you? Contribution and gratitude are a great combination.

The much conversion with kindness is to change someone's life forever.

Jane Marsden tells us that, when we choose our spouse under its make you happy and also there is plenty of evidence that it makes us healthier.

Such a great quote and great advice, I'm sure you'll want to spend a little longer, the advice that it can make you good?

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