



the  
**Dental Learning**  
CENTRE

# **Be Thankful for Being Alive**

**Put a smile on your face and always be positive.  
You're alive, you're healthy and have tomorrow  
to make wonderful things happen. Life is a gift!**

## **Before...**

Before you say an unkind word, think of someone who can't speak.

Before you complain about the taste of your food, think of someone who has nothing to eat.

Before you complain about your husband, wife or friends, think of someone with no companions.

Before you complain about life, think of someone who died too early on this earth.

Before you complain about your children, think of someone who wants kids but cannot give birth.

Before you complain about your dirty house, think of the people who are living in the streets.

Before whining about the distance you drive, think of someone who must walk the same distance.

Before you complain about your job, think of the thousands of unemployed.

Before pointing the finger or condemning another, remember that not one of us is without faults.