



- I count my gains instead of my losses.
- I count my joys instead of my woes.
- I count my health instead of my wealth.
- I count my smiles, not tears, and count my age by friends, not years.
- Each day comes bearing its gifts - I love to untie the ribbons.
- I strive to be happy. Unlike income, happiness is tax-free.
- Life is a journey, so I have learned to wear comfortable shoes.
- My outlook is “the best is yet to come!”
- I am glad that some of my clothes are still fashionable or still fit!
- I am grateful for the people I love.
- I found a wrinkle and I am proud. It just adds character.
- I get such nachas (pleasure) from children, grandchildren, and great-grandchildren!
- Sisterhood and our Synagogue have helped me stay connected.
- I have been to Israel and can't wait to go again.
- I am blessed to live in the USA and grateful for those who sacrificed for it.
- I live in San Diego - what a beautiful life I lead in a glorious city.
- I have celebrated simchas (joyous occasions) in my life.

- I am lucky to have friends to share my life with.
- I choose to look for the 'Silver Linings.'
- I have connected with family or friends from far away.

Suggested totals of gratitude: \$18, \$36, \$54, \$72, \$120, \$1,000 or an amount you choose. Please [Count Your Blessings](#) and [Click Here](#) to make your donation to Tifereth Israel Sisterhood and give thanks for all you have.

Thank you!

Raise your glass to a healthy 2024!

Charlotte Freifeld, Count Your Blessings Chairperson