

# *The Pink Rose Recipe*

*1 cup Fond Memories*

*1 cup Affection*

*1 cup Gratitude*

*1 cup Gentleness*

*1 cup Thoughtfulness*

*A huge dollop of Appreciation*

*Allow Fond Memories to fill your heart and mind. Mix in Affection and Gratitude. Gently stir in stories of Thoughtful acts. Top with a huge dollop of Appreciation.*

*Makes 2 servings.*

*Keep one for yourself.*

*Share one with a family member, friend, teacher or someone you admire who has encouraged and inspired you to fulfill your dreams.*

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