

## Grateful

What are you grateful for?

We all have much to be grateful for and too often we take it for granted and spend our time thinking about lack, what went wrong, what could be better, and what we'd like to change.

Well, how about looking at what we have and what we are grateful for. Your list may well include some or all of the following plus more:

spouse

children

family

friends

associates

health

knowledge

abundance

ability

to love to earn to learn to grow

job

education

home to live in

area you live in

having relatives close by

toy of choice boat ski house tennis racquet computer

The person who gave you directions today

The person who helped you across the street

The waitperson who was nice to you when you were feeling poorly

As I write this I am on a ski vacation and am grateful for the wonderful trip, the ski conditions, the weather, the good friends with us, the health to go, and the opportunity to snow mobile in Yellowstone Park and see the geyser, Old Faithful. Oh, the fire alarm went off at 6:30 in the building and we had to go down the fire stairs. Sure, it was frustrating. But, we were grateful we were there and grateful it was a false alarm.

What are you or should you be grateful for? There are big things and small things. However, the small things may be as or more meaningful than the big things. We may be grateful for a big house but even more grateful that our family loves us.

Sure, everything we have and do does not always work as we desire.

Sometimes our lessons are difficult and challenging. When things are not going as well as we'd like it is a good time to review what we are grateful for.

When we focus on what we are grateful for, we will quickly realize how fortunate we are. We will feel better, and our problems and issues of the moment will be put back into perspective.

Perhaps you are unhappy as you have to help a parent when you wish you were doing something else. Perhaps they need your help when you have more important things to do. Are you grateful? No. Stop and think about being without that loved one. Perhaps we should be grateful we have the interruption as that means we have a loved one and we have the ability to assist them. Yes, there is always far more to be grateful for than we imagine.

Our drama and trauma of the moment will be easier to handle and manage when we realize how fortunate we are.

When you think of lack, of what is missing, you create more of it. In reality, you already have much. Why not start from what you do have and what you are grateful for?

You might want to make a note each night before bed, or first thing when you get up, as to what you are grateful for. It will make you aware of how fortunate you are as well as minimizing your problems of the moment. Your mood will improve and you will quickly realize the glass is at least half full and not half empty.

Realizing how much you already have and what you have created you should quickly realize how much more you can do if you only allow yourself to do so with a positive focus and a feeling of gratitude.