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An Attitude of Gratitude

By Sherry Greenleaf

It's November and time to focus on the gifts that surround our lives. Some call it blessings, some call it gifts. No matter what words you use to describe the people or situations that have affected your life in a positive way, this is the season we acknowledge and express our "thanks". While we celebrate Thanksgiving on one day with food and family, this month I invite you consider the following:

1. Who are you grateful for? Who are the people who have supported your growth, taught you an important lesson, or given you the gift of their time? Consider the people at home, at work, in your community, your relatives, friends or extended family.

2. What are you grateful for? Identify those things that add meaning or value to your daily life. For example, it might be as simple as the joy you experience while watching birds at a feeder or enjoying the red and gold autumn leaves while passing a beautiful stretch of land on your way to work, or feel grateful for the strong legs that allow you to walk, jog or run in your daily workout. Think about all of the things that make you feel grateful to be alive.

3. What "could" you be grateful for? If you're experiencing a difficult time in your life, it can be comforting (and healing) to look beyond your pain for an opportunity to give thanks. For example, this year I required immediate surgery for a polyp that could not be removed in a doctor's office. Although I felt frightened and helpless, the experience taught me to relax and appreciate the need for down time, and the experience of seeing my body heal gave me a whole new sense of appreciation for the strength and resiliency of the human body. Life's challenges can be opportunities to appreciate the smallest and often ignored aspects of our lives. What might be the advantage or opportunity hidden in your challenging situation?

This article has 528 words and should take 4.5 minutes or less to read. A small price for knowledge!

4. What qualities do you have that make you feel grateful? Focus on you. Learn to focus inward to acknowledge the ways that "you" have contributed to your life. Self awareness is probably the most important search of all. How have you grown over the last several months? What changes have you made to improve yourself and the quality of your life? What parts of yourself are you grateful for?



Taking time to count your blessings is like looking through an old scrapbook that's filled with wonderful memories. It focuses your mind on the abundance of your life and creates a grateful heart. And, a grateful heart is what allows more joy, love and prosperity to come into your life.

HAPPY THANKSGIVING!

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