

DTD Episode 60 Show Notes

You Can Choose Gratitude Every Day

This episode is releasing on the holiday we celebrate in the United States called Thanksgiving. It is a day to give thanks for all that we have.

In honor of this day I want to encourage you to give thanks everyday. It is powerful to live a life of gratitude.

In every moment you have the opportunity to choose your perspective and there is always something to be grateful for.

When I first got divorced about 10 years ago my two boys were very young, kindergarten and second grade. It was a challenging time for all 3 of us. I began using a gratitude journal each day to help me shift my focus to what I had rather than what I did not. I quickly realized that this was an important exercise for my boys as well and adopted our nightly gratitude talks.

Each night before they went to bed we would all climb into my high queen sized bed to snuggle and take turns sharing about what we were grateful for.

Back then their list often included a video game or a special toy. And there were the nights when my heart would melt as they said, "I'm grateful for my mom."

It became a super special time of connection and shifting of focus from the worries, fears and challenges of each day to a focus on what made us very, very lucky and blessed!

I loved hearing what they were thankful for and enjoyed that special time. They looked forward to it every night. "Come on mom! We have to have our gratitude talk!" I loved that they loved it!

Our talks almost always ended with giggles and hugs. And it was the start of our inside joke that someone was going to get the boot. I think my youngest went out of his way to kick and wiggle so that I would say it. "Settle down or you're going to get the boot!" We would all break out in laughter. Years later that phrase is still an inside joke.

My oldest son told me one day, "mom, I want to write a book about our gratitude talks. I want other kids to have gratitude talks with their moms when they're going through a tough time because it really makes things a lot better!"

Wise words from a second grader. I suggest you follow them!

Today I encourage you to begin the practice of focusing on what you have to be grateful for. Make it a daily practice. Make a list. Get together with your family or some close friends to say it out loud. If you are a praying person thank God for His favor and all of your blessings.

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