

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #38: TRIO OF THANKFULNESS



Ralph Waldo Emerson - "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

Ralph Waldo Emmerson is saying here that gratitude is not something we need to use sparingly. It is something that can be expressed frequently and for prolonged periods of time. Gratitude is not a feeling or action that has to be reserved for special occasions. It is something that can quickly be experienced everyday with a little practice. Gratitude can be an expression of thankfulness towards yourself or someone else, a person, place or thing. You can share this gratitude with others to further spread the joy. When gratitude becomes a part of your daily routine it can make everything a little brighter.

Practice Gratitude Today:



1. THINK ABOUT YOUR DAY, THIS CAN BE ANYTHING LIKE A PICTURE YOUR CHILD DREW OR THE CEREAL YOU ATE FOR BREAKFAST.
2. WRITE THE DATE ON A SHEET OF PAPER OR NOTE IT IN AN ELECTRONIC DEVICE.
3. THINK ABOUT A PORTION OF THE DAY OR RANDOM MOMENTS THAT BROUGHT YOU JOY, PEACE OR APPRECIATION. PICK THREE MOMENTS WHERE YOU FELT THANKFUL FOR THESE THINGS.
4. WRITE DOWN THESE THREE MOMENTS AND REVIEW AS NEEDED.

Parent Practice Tip:

Ask your children to keep their own list and compare at the end of the day to see if any one had the same thankfulness list.

To Learn More:

What is Gratitude?

Why is Gratitude Good?

Tips for your Thankful List

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