

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #26:

### THINK OF 5 THINGS YOU TAKE FOR GRANTED BUT ACTUALLY VALUE



Ziad Abdelnour once said, "Learn to appreciate what you have, before time makes you appreciate what you had." Nothing lasts forever, so it is important for us to appreciate the things we have while we have them.

People tend to want what they don't have. We wish for more; more money, more clothes, more shoes, etc. and there is nothing wrong with that. Everyone should want more for themselves, whether it be gaining materialistic items or achieving a personal goal. Putting effort into obtaining something is commendable, however, endlessly craving new things blinds us from seeing what we already possess.

It's easy for us to take the small day-to-day things we have for granted. People sometimes forget that just waking up in the morning is already a priceless gift. There are people in the world who do not have access to clean water, access to daily meals, or access to stable shelter. Having that stability; knowing that you have food, you have water and you have shelter should be something to celebrate. Take the time to appreciate and cherish the simple but important things.

### Practice Gratitude Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKER.
2. THINK ABOUT FIVE THINGS IN YOUR EVERYDAY LIFE THAT YOU VALUE BUT TAKE FOR GRANTED.
3. WRITE THEM DOWN AND INCLUDE WHY YOU VALUE EACH THING.
4. TAKE A MOMENT TO APPRECIATE THE THINGS INCLUDED ON YOUR LIST.
5. USE A PHONE TO TAKE A PICTURE OF THE LIST, SO EVEN IF YOU LOSE THE PAPER YOU STILL HAVE A REFERENCE FOR THE FUTURE.

### Parent Practice Tip:

**Take at least 5 minutes to appreciate what you have. It's easy for us to focus on what we want instead of what we already possess. Remember to treasure the things you already have in your life.**

### To Learn More:

#### WHAT IS GRATITUDE?

Kids President's 25 Reasons To Be Thankful

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)