

How to Always be Thankful for What You Have



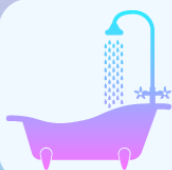
When you first wake up ...

- This is the perfect way to get your day off to a good start.
- Before you move a muscle, think about all the things in your life that are good.
- Consider your health, family, friends and anything else that makes you feel grateful.



When you eat ...

- Be thankful for your food, even if it doesn't taste as good as you like.
- Be thankful for the day's events before your meal and what's yet to come.
- Be thankful for the people around you.
- Be thankful for your table, chairs and all your utensils.



When you shower ...

- Be thankful you have access to clean water.
- Be thankful you have hot water
- Be thankful for a clean feeling



When you look in the mirror ...

- Be thankful for the way your body can move.
- Take a good look at yourself and be thankful for what you have.
- Perfect time to be thankful for fingers and toes



When you speak to someone ...

- Be thankful you're able to communicate with others.
- Be thankful for all your friends and family you get to talk to.



When you go to bed ...

- End the day the same way you started, by being thankful.
- Be thankful for a good night's sleep.
- Be thankful for a comfy, warm place to sleep.
- (By starting and ending your day this way, thankfulness will become your default attitude.)



Keep a Journal ...

- Be thankful you can write.
- Be thankful each day and you will spend more time smiling.
- A little bit of time spent on gratitude each day will have a lasting effect on your life.

It's easy to be frustrated by all the things you don't have.

The cure is to appreciate all the things you DO have.

Your life is better than you realize and you have a lot to be thankful for.

