

WORKPLACE WISDOM NEWSLETTER

What Are Your Plans for Thanksgiving?

Thanksgiving means, literally, a day of “thanks giving”!

On any given day, I can hear:

- I’m worried that we’re not going to get a budget increase next year.
- I’m worried that our family won’t get to come home for the holidays.
- I’m worried because my son is in Iraq.
- I’m worried that my spouse will lose his job.
- I’m worried because I hate my job, but I’m too invested to begin again.
- I’m worried about my health...or my loved one’s health.
- I’m worried about crime, influenzas, morality, and politics.

STOP! There’s more...

Don’t let the worries of the day *override* your gratitude.

Our Thanksgiving holiday was established for us - for our reflection.
It's our holiday for pausing to give thanks for what we have.
We owe it to OURSELVES to keep its intent.

Take a break!

On this pretty autumn holiday replace your worry with true thanksgiving.

HOW?

Simply pause; be still; reflect....and ask yourself:

"What do I have to be thankful for?"

If I'm sad, I need to remember what I have that is good.

If I've lost something dear, I need to recall what I have left.

If I wish something (or someone) were different, I need to find the good points.

Then envision yourself looking foward to good things.

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TAKE A PEN AND BEGIN TO WRITE!

**That's right! Acknowledge the good by writing.
There's a lot of reinforcement in writing down the good stuff.
As you continue to write, let YOUR LIST grow longer and longer.**

*Be thankful for your family. Your loved ones. Your job. Your company. Your friends.
Your country. Freedom. Faithful soldiers. Health. Restored health. Laughter.*

**We all have losses, worries, and concerns,
BUT WE ALL, - ALSO - , HAVE BLESSINGS!**

No one escapes challenges.

AND

No one escapes blessings!

Think about it!

Have a Happy Thanksgiving!

**And you might ask others around the Thanksgiving
Table this Thursday,
"What's on YOUR list?"**

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