

## WORKPLACE WISDOM NEWSLETTER

### Steps to Thanks-Giving

You have one opportunity to be thankful.

**That opportunity is NOW!**  
**Nothing is certain about tomorrow.**

**Love, kindness, and hope inspire others.**  
**Our grumbling and worrying deflate those around us.**

**In every person, there is a longing for peace.**

- Peace on our team - in our workplace
- Peace between husband and wife
- Peace between children and parents
- Peace among friends
- Peace in our nation and among nations
- Peace in our world.

**What can YOU do to create peace?**  
**I believe that one simple act is to be thankful.**

### UNDERSTAND THE SIGNIFICANCE OF GRATITUDE.

**Here are FOUR STEPS to develop the habit of gratitude:**

#### 1. Reflect on your past.

Remember how things have been in the past. Look at where you have come from, and you will see things that you have never seen before. Do you live in a nicer house, do you have a greater variety of food, do you have the ability to purchase what you need? *Most of us answer "Yes, we do."* It's really better than past generations have known.

#### 2. Focus on your present with an attitude of gratitude.

Stop the grumbling. Focus on what you have. Most of us have the following: (1) a roof over our head, (2) food on our table, (3) and clothes on our back. That makes each of us richer than 75% of the world population! When you are

grateful, it is much more difficult for you to be angry, bitter, critical or judgmental. You just can't be BOTH at the same time. If we remain, for the most part, grateful for what we do have....we will represent an attitude of PEACE to those around us.

### **3. Lock in your perspective.**

Stop EVERYDAY and realize what you do have. Make it a HABIT. You have no idea how much more attractive you are to those around you when you STOP WHINING AND WORRYING ABOUT WHAT YOU DON'T HAVE. After about 21 days of demonstrating gratitude, you'll find yourself with a beautiful new habit. Believe me! Your newer habit of seeing how MUCH you do have will be much more winsome to others than your complaining, worrying spirit.

Here are some statistics to help you get your "Attitude of Gratitude" going....

- If you have more health than illness, be grateful. One million people won't survive this week!
- If you've never seen battle, imprisonment, or torture, be grateful. 500 million people have!
- If you have food in your pantry, a roof over your head, and clothes to keep you warm, be grateful. You are richer than 75% of the world.
- If you have money in the bank or in your wallet and some change in a dish around the house, be grateful. You're in the top 8% in the world's population.
- If you hold your head up with a smile and have a heart of thanksgiving, be grateful. The majority of people CAN but DO NOT!

### **4. Act out your gratitude.**

Determine what you can do to demonstrate your gratitude.

- FEEL a sense of gratitude - honestly, humbly
- SPEAK of your gratitude - inspire, lift up others
- DO things for others - small random acts of kindness without looking for a reward

If gratitude takes over our thinking, it is so easy to do this every single day.

## **A lack of gratitude shrivels and diminishes us!**

When we have an attitude of whining or looking at what we've lost or what we are lacking, our behavior shrivels us up into a little selfish, self-serving ball of humanity. We're frightened we won't have enough, or we won't get enough...and so we hoard, we take care of "Number One", and we do not further peace in the world.

### **Do the following exercise!**

*Take out a sheet of paper. List all the good things you have. (Hold them in your mind and imagine them as you write them down.) After you've completed your list, imagine yourself now having each one of them taken away from you. Allow yourself to feel the natural emptiness as you lose each of them.*

*Now! (the good part) Mentally, give them back to yourself one-by-one, as if you are receiving a gift. If you honestly and slowly do this written/mental exercise, you will be surprised at how wonderful you feel to "have them back again".*

**During this Thanksgiving Season...  
urge others to join you in completing the exercise.**

**Let's set "worry" aside.  
Recognize the many things we have to be thankful for.**

**This famous quote sums it up....**

***"I complained because I had no shoes  
until I met a man who had no feet."***

**I wish you a Happy Thanksgiving!**

---

November 21, 2008

May not be reprinted without the consent of Sue Miller  
Contact: Sue@suemillerpresentations.com