

I Am Thankful List

While Thanksgiving (no matter which country you are in) may seem the perfect time for this list, it's great to do at any time of the year.

Open a new notebook page, grab a new notepad, or start a new computer file. At the top, write "I am thankful for: ". Each day add at least one new item.

New items can be monumental or seemingly insignificant – they can be something that lasts a week or all month, or something that was good for only a few minutes. These are ****your**** items – nothing is wrong.

Maybe your new item one day is "the dog did not escape out the door today". (Don't laugh – if you've got a dog that loves to escape and explore, that's actually a biggie. ~lol~) Or maybe one of the following makes your thankful list: "I am thankful that my back pain stayed at a moderate level today"; "I am thankful that I got the trash can to the curb before the garbage truck came by"; "I am thankful for pizza delivery so that I could take a break from cooking dinner"; "I am thankful that my favorite [insert food here] is on sale at the grocery store"; "I am thankful that the person in line ahead of me let me go through the checkout line first since I only had a couple of items". You get the idea.

After you enter your new item, read back through the previous entries. You'll find that your list will lift your spirits and ease your daily stress, especially the more you have entered on the list. Less stress means less health issues and more enjoyment of your life.

What do you do after this month ends? Why not start a new list for the new month. For the first week or so of the new month, also review entries from last month's list. If you keep a list for each new month, it's heart-warming to read last year's list for this month when you start your new list.

P.S. – one of the secrets to life is remembering your moments of joy.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!