

TO BE THANKFUL FOR:

The mess to clean after a party because it means I have been surrounded by friends.

The taxes I pay because it means that I'm employed.

The clothes that fit a little to snug because it means I have enough to eat.

My shadow who watches me work because it means I am out in the sunshine.

A lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home.

All the complaining I hear about our government because it means we have freedom of speech.

The space I find at the far end of the parking lot because it means I am capable of walking.

My huge heating bill because it means I am warm.

The lady behind me in church, who sings off key, because it means that I can hear.

The piles of laundry and ironing because it means I have clothes to wear.

Weariness and aching muscles at the end of the day because it means I have been productive.

The alarm that goes off in the early morning hours because it means that I'm alive.



BE THANKFUL

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations because they give you opportunities to improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.