

Things for which I am grateful

Written by Penny Jones-Richardson
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Every once in a while I like to stop and think about all of the things in my life for which I am grateful.

I stop and think about my family, my friends, the work that I am blessed to do and all of the wonderful opportunities that await me on a daily basis. This helps me to stay focused and also helps me to have a more humbling spirit, which is very important to me.

There can be times in our life that we can become so preoccupied with the things that we are striving to do, that we forget to be thankful for what we already have. We can also get so focused on complaining about the things that we don't have that we forget to be grateful for where we are now and what it took to get us here. In my past, I have also been guilty of this.

Take a moment and think about your journey.

Think about where you used to be in life and where you are now. When you compare the two, if your current situation looks better than where you started, then you have a lot for which to be thankful. Think about all of the lessons that you've learned along the way and how much you've learned from them. Life is full of lessons. Some good and some bad, but you learn from each of them. When a person uses the metaphor that they have learned to look both ways before crossing, believe them. It's all about the lessons they have learned about being cautious and careful.

I know it can be hard to appreciate some of the hard lessons that we have to learn, but believe me those lessons teach, humble and guide us. They teach us to appreciate life and accept the things that we have learned along the way. Where you are now on your journey has a lot to do with your life lessons and how and if you've been grateful for each of them. Have you been angry for things that happened in your past, or have you moved on and learned from those lessons?

Be grateful and thankful for all the things that you are blessed with in this life. If you haven't recently, stop and take a look at your life and just say. "Thank you." You might be amazed how those two words can change your life for the better.

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And as always, stay focused, stay determined and keep striving for greatness.

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