

Thanksgiving Blessings

from
Stacy Hawkins Adams



Hi Friend,

I issue this greeting with the hope that you're preparing for your best Thanksgiving ever! Let's face it, though: We've all got "issues"; and during this time of year, which can be the most festive and joyous, sometimes the circumstances, people, or things that challenge us most threaten to sap our gratitude.

This year, however, why not make a "Thanksgiving Pact" with yourself to find the roses among the thorns?

* When you want to complain, hold your tongue and think of something positive.

* When you're feeling overwhelmed or gloomy, turn on some music with an uplifting beat or inspirational lyrics.

* When you're distracted by what you lack, reflect on your life and rejoice in all the good things (material and intangible) that you *do* possess.

Decide how you personally want to spell "Thankful" and tuck these words on a piece of paper or in a journal that you can return to throughout the holiday season.

Here's what I'll be reflecting on during Thanksgiving 2010:

T = Trusting God Always

H = Honored to Share My Journey with You and Others

A = Aiming for Excellence

N = Never Alone

K = Keeping the Faith

F = Forever Grateful for God's Love

U = Uplifted By His Grace and Mercy

L = Living Fully the Life He Gave Me

Choose your own phrases and give thanks in advance for where your transformative words will take you.

I'm thankful for YOU and for your continued support of my writing and speaking endeavors.

Here's wishing you a Thanksgiving in which you can recognize simple blessings and be grateful that another day is yours to experience.

Happy Thanksgiving and Warm Regards!



Stacy

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