

Mental Bench Press

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Be Thankful



"If you want the rainbow, you've got to put up with the rain."

-- Dolly Parton, Singer

Of course, I had to share something around the festive Thanksgiving Holiday.

This is the season that we tend to focus on things that we are thankful for. Many are appreciative to those who labor in the kitchen to set the environment so we can voice our thankfulness of so many things.

I was recently talking with a friend. And we were discussing how it is good to have a break from all the complaining and take some time to be thankful. All year people complain about so much: the job, the money they don't have, the traffic, relationships and so on.

But on the flip side of every complaint there truly is something to be thankful for.

In this turbulent economy, people should be thankful that they have a job to complain about. Think about those who are stressed because they are still looking for work after a year of no success. People complain about money. But the truth is that most have adequate, we just choose to live above what we have. Some complain about the traffic. Be thankful that you have personal transportation. Many don't. Regarding relationships, if we act right, others will also (eventually). But be thankful that some are willing to put up with you.

As Dolly Parton alludes above, it is through the troubles and struggles that we can appreciate the victories. So this season what can you be thankful for?

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 for improvement.

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

Be thankful for your mistakes. They will teach you valuable lessons.

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

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.

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