



Thanksgiving



Have you ever really thought about that word? Thought about the meaning? I am sure you have. We all have a lot to be thankful for.

As I thought about this a bit, I thought about how I reflect and take stock every year (some moreso than others unfortunately) of how fortunate I am. Of all the great people I have in my life. Of how grateful I am to not be in need. I do a pretty good job of 'taking' note.

But this year, it dawned on me, that while I do an OK job of 'taking' note of all I have to be thankful for, that maybe I could do a lot better on the 'Giving' part! I couldn't help remember the concept that 'We judge ourselves on our intentions. Others judge us based on our actions.' How often do we actively take part in 'Giving' thanks?

It made me want to express the things I think, but maybe never say or don't say often enough or with enough meaning and sincerity. After all, that may take courage and sometime even stepping outside of our comfort zone. It made me want to focus on all that is good with each person in my family and with my friends. Wouldn't it be fun if we could reach out to each person in our families and think of one thing we are grateful for and actually express it to them. Families can be stressful especially around the holidays and it seems to me a little gratitude and actual 'Giving' of thanks could go a long way to alleviate that stress.

I am thankful for knowing each of you reading this. You are important to me and have played a role in my personal professional excellence, fun and fulfillment in my work and in my life. I certainly know that an e-mail newsletter doesn't give justice to the thanks I would like to express, but, hey - baby steps! I hope you receive it with the sincerity in which it is 'Given.'

What do you have to be grateful for and how will you Give Thanks this holiday season?