

## **The Power of Thank-You**

I got to thinking about the word thanks and wondered what it really meant. So, I got out the good 'ole Webster's and it said, "to show or express appreciation or gratitude". Then I looked up appreciation and it said, "grateful recognition, sensitive awareness or enjoyment." And then gratitude put me back to feeling thankful. (by the way, did you know that Goober is a word? Means a peanut! Found it on the way to grateful) Now, I'm thinking these are great ways to feel and that perhaps I should be doing more of it.

So, then I was thinking what should I give grateful recognition and sensitive awareness too? And to be really honest I had a heck of a list. First there was God, and then there was my family (and I got very specific about each person), and then my friends (more specificity), my dog, the community of Big Rapids, my church and then there was Ferris, the Muskegon river, flowers, leaves, snow. Then I got to thinking about my health, my ability to learn (I know that is debatable), music, books, artists, the work that I do..... Yup, the list got longer and longer. And I realized I truly had so much to be thankful for and I hadn't really taken the time to give that thanks to the person that deserved it.

Sarah Ban Breathnach, author of , "Simple Abundance", suggests that we keep a gratitude journal and each night we write down five things that we are thankful for. She says when we close the day in this way we sleep much better. I think this would also be a great dinner activity. We often do this at our family home during Thanksgiving, but what about the rest of they year. At work what if we started a meeting off giving thanks to each other? How often do you hear others say, "I just wish I was appreciated more?" And all that it would take from us is a "Thank-You." Pretty easy to do. As we head in to the holiday season and get busier and busier, this might be a great idea, one that could keep our focus on the important things in our life.

Melody Beattie, a contemporary author, had this to say about gratitude. "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

So, what are you thankful for?