

Thanksgiving Post-It Notes



During a chosen day, carry around a pen and post-it notes. Make an effort to jot down every time something positive happens or you are aware of a reason to thank God. This might be 1) for the sun, which provides the energy to run the planet, 2) for having a house to wake up in, and food for breakfast, 3) for having transport to get to school/work, 4) for some kind words spoken to you during the day.

If you really thought about it you would probably run out of post-it notes! By the end of the day you may have a whole pad of blessings. We too often make a habit of only noticing bad things that happen, and gradually forget about the good things that surround us daily. This exercise can help alter our perspective from the 'glass half empty' to the 'glass half full' mentality.

Understandably, there might be days or indeed long periods of time when you may feel that there is little to be thankful for at all. Perhaps you have been unwell or unemployed for a long time? Perhaps you have difficulties with your family or job?...and so on. If so, you might find yourself thinking, 'Well, that's o.k. for you, but what about my situation?' You may find this exercise emotionally difficult, but on the other hand, it might help you to recognize some of the good things you do have, and feel a bit more positive. Often it is the people who face the most trying of circumstances who are examples to others for their ability to realize how much there is to be thankful for, even in hard times.

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