

MONTHLY INSPIRATION II November 2017

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Monthly Inspiration

Gratitude



"Do you remember a night when you stood outdoors looking up at the stars, countless in the high, silent dome of the sky, and saw them as if for the first time?"

Far too many times, we humans seem to focus much greater attention on what's not right, what we don't have, what we want to have, what's not working etc etc ----- ad infinitum.

It's so much more productive to focus on what we do have, what is right, what is working. When was the last time you spoke out loud about how grateful you were that you had a wonderful life - **that you loved your work - that you were totally delighted with the way you look - that you were so happy you had that special someone in your life?** When did you last

remember that your children brought you so much joy - **that you woke up this morning and had the opportunity to get up** - brush your teeth - do some exercise - take a shower - greet your pet - hug your children - **eat breakfast with your loved ones** - spend time in the bus/train/car - greet those people you spend a large part of your day with, your work colleagues?

How many times have you actually expressed gratitude for the customers and clients you have, even if they're not the easiest to work with? **Take the time to celebrate your sales as they happen, and be grateful for the wins you have.** When the phone rings in the office do you curse it for interrupting you, or are you grateful for the calls coming in, because without them there'd be no business!?

If it's true - **that we create our own reality with what we think and what we speak**, then wouldn't it be better to speak and think about how grateful we are for the wonderful things we have in our lives. Every moment we spend moaning about what's not right is a moment spent "creating" more of what's not right.

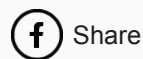
Do you remember a night when you stood outdoors looking up at the stars, countless in the high, silent dome of the sky, and saw them as if for the first time? Do you remember gazing wondrously into the eyes of a newborn baby? We have in our Library, an inspirational article titled "[Instructions For Life](#)" ~ have a read.

So, acknowledge and be grateful for all the things you have that fill up your life and then be amazed at how much easier life becomes. Have a fantastic month with many wins.

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