Tis the season …

To be thankful!

It’s the season to be thankful! It’s a crazy time of the year … hitting last minute deadlines, shopping, planning, entertaining, celebrating, socialising and general holiday season mayhem. It can also be a time when we wish we had more time, more money, more friends, a better job, more support and less stress … right? What I want to encourage you to focus on at this time of the year … no matter how, and if, you celebrate, is all the wonderful things you have to be thankful for.

It’s so easy to get caught up in all the things you should’ve done and didn’t do so well. It’s all too common to spend your time worrying about how busy you are, how little time you spent with your family and how more money would’ve made life easier. I’m know it can be hard to not focus on the bills you have to pay, the challenges you have in your job or business, the relationship issues you have to deal with and the fact that your health isn’t as good as you would like it to be. Do you know what I mean?

Well, the great news is … we are about to launch into a new year, a blank page and a fresh opportunity to start again. It’s the time we can make the changes we need to make to address some of the issues that we’re spending too much time worrying about. For now though, and until the new year hits, I want to encourage you to ONLY think about the wonderful blessings you have in your life and the abundance of things that you are truly grateful for.

You maybe saying … ‘this guy is deluded, I don’t have anything to be thankful for! I’ve had a terrible year and nothing has panned out the way I wanted it to!’ If this is you, I’m sorry that your 2016 hasn’t been your best year, however … I would challenge you to spend some time to deliberately focus on what is good, what you do have and what you are thankful for. I will help you with this … if you’re open to it. Let’s focus on the following five areas of life that most people think about … relationships, wellbeing, career, financial and passionate pursuits.

I’m about to say things that may annoy you … you may even say, ‘He’s got no idea what I’ve been through or how I’m feeling so what he’s talking about is a load of #@&#$@!’ I agree, I don’t know what you’ve been through. What I do want you to know … whether you agree with me, get annoyed by me, like me for it or not is that we’ve all had challenges and adversity this year. **Being thankful is a choice** we all have. You can choose gratitude or resentment, anger and bitterness … it’s impossible to hold two opposing thoughts in your mind at the same time. Do yourself a favour and choose gratitude.
It's right there if you look for it!

We've all had to deal with people and have had relationship challenges this year … haven’t we? You may have had a relationship break up, trouble with people at work, arguments with friends, issues with your partner and struggles with your children. Relationship challenges can so easily bring us down if we focus on the wrong things. Let’s look at what you could be thankful for ...

If you’ve had a relationship break up … could you be thankful for all you got from that relationship and now that you have an opportunity to meet the right person? If you’ve struggled with different personalities at work … could you use them to learn how to deal with different people? That's something to be grateful for. Could you use arguments with friends as a way to learn more about them and strengthen the friendship? Could you be grateful for a partner who challenges you because it proves they care? Could your struggles with your children open the door for you to get to know them better? These are all things to be incredibly thankful for!

Have you struggled with your health this year? Are you carrying too much fat, struggling for energy and dealing with some physical issues? It’s frustrating and worrying … I know. Are you thankful that you’re alive? Are you grateful to be in a position where you’re in control and can do something about it? If not, you should be … plenty of people aren’t!

Have you had a challenging year with your work or in your business? Is it that the work isn’t stimulating? Or is it too demanding? Are you sick of working too many hours? Are you getting bullied by a clueless boss? I understand the impact of all of these things. However … why not be thankful you have a job? Aren’t you glad you have the money it provides to allow you the life you are living? Could you be grateful that you have the skill and capacity to work long hours in a demanding position? Isn’t it empowering and exciting to know that you can change your career at any time? You are in control!

If you're like me … you’re sick of thinking about money. It can be - and often is - a part of every thought and every decision we make. Do you ever worry about not having enough! Are you sick of thinking … that’s too expensive? Do you hate the bills that keep coming? Does it annoy you that you can't do the things, visit the places and buy all the things you want? Okay, I think we all can relate to this, however … could you be thankful for the money you do have? Are you grateful enough that you can actually pay the bills? Are you positive about the fact that you can, at any time you choose, go out and create an extra stream of income to help you achieve all your financial and life goals?

Do you resent the fact that you never have the time to devote fully to your passionate pursuits? Are you disappointed in yourself for not sticking to a personal goal you set yourself? Have you started forgetting about the dreams you had when you were younger because they don’t seem plausible or possible at this time? I do understand … there is, however, a different way to think. Could you be thankful you actually have passionate pursuits at all and be grateful for any time you can devote to them? Could you start dreaming again and be thankful that you’re alive … while you’re upright and breathing there is hope that you can make your dreams come true.

Tis the season to be thankful … no matter what or how you celebrate at this time of the year. The worse thing you can do is finish this year glad it’s over and resenting or regretting what did or didn’t happen. The best thing you can do, to make 2017 your greatest year ever, is to finish 2016 on a positive note. Be grateful for what you have, thankful for who’s in your life, proud of yourself for what you’ve done and excited about what you will do in the new year. Have a wonderfully joy-filled holiday season.

December 25, 2016

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