

THE GIFT OF GRATITUDE

The trees are bare; the air is colder now. Winter is on its' way. I wake up to two big, beautiful pine trees outside my window, already reminding me of Christmas. Before December arrives with all of the hustle and bustle of the holiday season, we are reminded to give thanks (again and again) on Thanksgiving Day. I can't help but think about how another year of my life has gone by and how at this exact same time last year, I wrote my first newsletter.

The traditional Thanksgiving gathering usually includes sharing what we are thankful for with our loved ones. The most common responses include friends, family, health, job security, shelter, food, and the clothes on our backs. Although all of these things certainly apply to my life each and every year, what I have discovered this year runs much, much, deeper.

Last year I wrote about giving thanks (as always on Thanksgiving) not only for the holiday but to others who have impacted or touched your life in some way. This holiday season I'd like you to think about simply being grateful for your life!

"LIFE IS EVERLASTING. NOTHING IN THIS
EXTERNAL WORLD CAN OR EVER WILL TAKE
ITS' PLACE"





“MAKE
CONNECTIONS
THAT MATTER,
FOR THEY WILL
LAST A
LIFETIME”
~PJ

No one ever talks to us about how challenging life can be, especially growing up. I would have to say that I have always had my share of struggles and I guess I would tell you that my life has never been “easy”, but then whose life IS easy?! As a life coach, I’ve learned to look at every experience in my life as something that happens *for* me, not *to* me. But there was a time when I didn’t feel this way (trust me!).

It is so easy to get caught up in all of the things we think we “should have” and “should do.” If your life does not consist of these so-called shoulds, you could easily begin to believe that you are not living a good life, making it difficult to see the blessings. The funny thing is, in my opinion, “a good life” truly has nothing to do with your external world and everything to do with how you perceive your life to be (from within).

WHAT HAS TO HAPPEN FOR YOU TO SEE THE
GIFT OF LIFE?

The gift of life, to me, is simple.....It is about seeing the beauty in simply being alive and treasuring the life we are given from *up above*. It’s about waking up in the morning and being able to appreciate another breath, another brand new day! In my own life, sometimes, each new day seems exactly the same and I know this applies to many of you as well. But the core of my being always reminds me that out of all of the “exact same days”, there is an opportunity for one *extraordinary* day. If you ask me, this makes everything we go through so worth it!!



With each year that passes I grow and learn so much about myself and others. I've experienced some very unexpected set-backs these past few months, taking me away from my much-needed passions and goals. So much has happened- Some good, some bad. I don't even like using the word bad because even with the bad stuff we absolutely learn from it. So you see, nothing is ever really bad. Through it all, I sit here today feeling so blessed. I've always loved God, life, and the beauty around me, but now I "see" the true meaning of life more than ever before.



"WE ARE BORN,
WE LIVE, AND
WE DIE, ONLY
TO START OVER
AGAIN; FOR
THIS IS THE
CIRCLE OF LIFE"
~PJ

I'd like to ask you to STOP for just one day. Don't think about tomorrow and all of the worries/stresses that follow. Think about this very moment, who you are, and how you have contributed to LIFE thus far. I don't mean in a monetary way either.

What about you brings something unique and beautiful to the world?

How can you keep this with you on your journey called life?

Remember ~You are a gift that must be nurtured, loved, and treasured always. Your life is nothing without you!



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