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Being Thankful - Attitudes That Enliven

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Are we focused on what *we have* or what we *don’t have*? Although seemingly small, the difference can be utterly massive with a power to dictate the entire tenor and tone of our lives. Yet, an attitude of thankfulness for what *we do have* can be tough to grasp because we often find ourselves standing in life with little in our hands to be thankful for. Additionally, we sometimes think that being thankful actually discounts the bad in our lives with some sort of passive Pollyannaish attitude that’s more of ignorance than anything else. But changing our attitude can have a profound impact on our lives.

Make a list of the top four things that you are currently thankful for. Examples could include: health, family, life, finances, opportunities, challenges, jobs, marriages, children, food and shelter, pets, education, seasons, friends, material possessions, etc.:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would you rate these in terms of their current priority in your life?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How thankful am I for what I currently have?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How satisfied am I with my ability to obtain the things I didn’t have but wanted to have?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?