

It’s almost as if we’re hard-wired for one and not for the other. Hard-wired to complain about the inconveniences and hardships we’re experiencing, but on battery power when it comes to purposely being grateful.

Yet, if we wanted to turn around a not-so-good day…or week…or moment, there’s nothing like gratitude to set that turn around in motion. Okay, yes, there are days and circumstances in our lives when it’s legit hard to practice gratitude, no denying that. But it’s precisely for times like those that we should practice it often, to help us direct our focus and not dwell on the rough.

Guys, if we forget to express our gratitude, we may forget, for instance, just how fortunate we are right at this moment, no matter what’s going on. And our attitude at this moment is what may determine the next.

This is where I stop to give a special shout out to my mother, who instilled in me the importance of giving thanks and being thankful. She would always say, “Dale gracias a Dios.” Thankful Thursdays, as you know, is about gratitude. For nearly 500 consecutive Thursdays, I’ve had the opportunity to post about the subject. And gosh, at this very moment, I am so grateful for that. ✝?

What are you thankful for today?

Until next Thursday’s post…si Dios quiere.

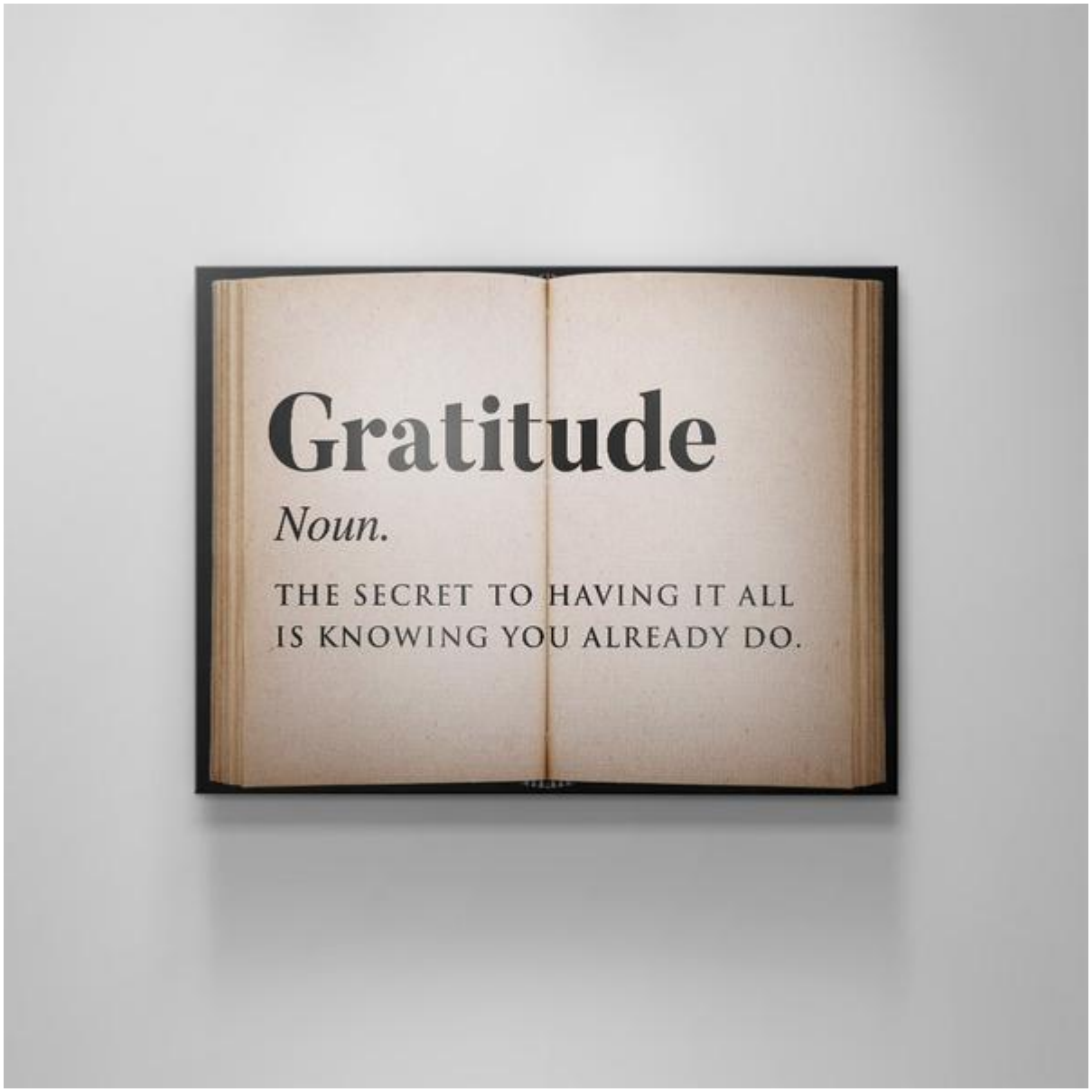
P.S. You want to “follow the science”? Follow the science behind the practice of gratitude. There’s plenty written on it.

“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,

For everything Thy goodness sends."
-Ralph Emerson

"Enjoy the little things. For one day you may look back and realize they were the big things."
-Robert Brault

"Happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have"
-Frederick Keonig



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