

# Purposefully Give Thanks

Did you know Thanksgiving wasn't celebrated regularly until President Abraham Lincoln declared the fourth Thursday of November a national holiday? A little-known fact is that Sarah Josepha Hale campaigned to recognize the day for 17 years prior to it being made a federal holiday. Here are some ideas to help us remember that the holiday is about more than a table of delicious food, football and parades; it's a day to purposefully give thanks and appreciate everything we have.

## How to be purposefully grateful every day

- 1. Appreciate the little things.** Some days it's easier to find things to be thankful for than others. Regardless of how your day is unfolding, take time to appreciate the little things and you may find your day turns out better than you expected.
- 2. Look on the bright side.** Look for ways to be grateful when faced with challenges. Gratitude changes your mindset and helps you become more optimistic. Optimists see challenges as opportunities for growth and improvement.
- 3. Count your blessings.** It takes up to eight weeks of practicing gratitude for the brain to start showing changes reflecting greater happiness.\* Write down three to five things you're grateful for daily. If you're not sure what to write, answer these questions:
  - What are you grateful for right now?
  - Who are three people you're grateful to have in your life?
  - What is something you tend to take for granted that you're grateful for?
- 4. Volunteer.** When you help others, it tends to create feelings of well-being and happiness. Volunteer in your local community or help others you know who may be facing difficult times. Look for opportunities to give.
- 5. Show appreciation.** In addition to saying "thank you" and letting people know how much you appreciate them, write a note to someone who has had an impact on your life and let them know how much they mean to you.

\*Source: Forbes

**Keep a gratitude jar.** Write down what you're thankful for on a piece of paper and place it in the jar. Regularly pick a piece out of the jar and read what you've written. You're guaranteed to feel more grateful.

"Gratitude can turn common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

-William Arthur Ward

I'm grateful for your business. If you need anything, give me a call!

## Thank you for your referrals

Since I work by referral, your business and referrals are essential to my continued success. I'm always here to serve you, whether you need a reputable tradesperson or have questions about anything related to real estate.

Here is how I can help:

- **Suggest referrals to reputable professionals in our area.** I'm in touch with lots of trustworthy trade and service professionals in our community. Whether you need a referral to a plumber or the phone number of a moving company, I'd love to refer you!
- **Outline the local market activities.** What's the outlook for our market? Is this a good time to buy or sell? How much is your home worth? I'll let you know what's going on in our local area and give you a free market analysis of your property.
- **Objectively answer your real estate questions.** Whenever you have a question, contact me for an honest answer and advice. I'm happy to share my knowledge and expertise about our market and the real estate process.
- **Connect you with my network.** If you decide to move, I'll be sad to see you go; however, I can still connect you with a real estate professional in your desired area who will offer the same high level of service you expect. You'll be taken care of as if I was helping you myself.

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

- Henry Van Dyke



*Oh, by the way*®... if you know of someone who would appreciate the level of service I provide, please call me with their name and number. I'll be happy to follow up and take great care of them.

## Count your blessings with a gratitude journal

A gratitude journal is a record of the things you're grateful for in your life. Here are some tips to start keeping one.

1. **Keep your list short, but go into detail.** Once you choose three to five things you appreciate, elaborate on why you're thankful for them. What impact has each thing had on your life?
2. **Look for the diamonds in your challenges.** Reflect on the past with the goal of finding the good in the struggles. Write down how your challenges have helped you.
3. **Make it a point to write at least once a week.** You don't have to write in your journal daily; however, plan to update it once or twice a week.

