

# BEHAVIORAL & FINANCIAL INSIGHTS

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## Practicing Gratitude

'Tis the season of gratitude. Thanksgiving is perhaps one of the most underappreciated holidays, but most needed. Since Thanksgiving is less marketable than other "Hallmark Holidays", there is little publicity focusing on the essence of it. Instead, it's become all about consumerism. The focus tends not to be on giving thanks, but rather on getting a good deal on some product. Retailers now start their "Black Friday" sales *before* Thanksgiving.

Unless we are intentional in our thoughts, we too may spend the Thanksgiving season thinking of things we *want* rather than things we are *grateful* for.

Many of you are aware of my fascination with, and constant studying of, two concepts: leadership and happiness. One surefire way to create happiness, regardless of our circumstances, is to practice gratitude. We may not be able to control our circumstances, but we do control whether we *choose* to be grateful.

As I continue to tell my children on a regular basis, there is so much to be thankful for. The fact is, however, that most of us probably don't spend enough time counting our blessings – and that is life. While we do our best to be thankful, it is often short-lived or easily neglected on our daily to-do-list.

### Choosing to See the Good

With every decision, every life event, it is our choice to see the good in it. Even bad outcomes and poor decisions can become significant positives if we learn from them and become a better person - but we must choose that.

There are people who are thankful for the smallest things – you probably know a few. They are like magnets. We want to be around them because they exude positivity, love, and joy - they are "batteries-included". Then there those who are impossible to please, those we can't wait to get away from. They drain your energy. I call these "batteries-not-included" people. Choose wisely who you are around. Like it or not, we all have a finite reservoir of emotional energy. We also tend to take on traits of those we surround ourselves with. Want to be more grateful? To get a natural "recharge"? Spend more time with people who practice gratitude regularly.

### Thank You

I am grateful to have you be a part of my life. Warmest wishes for a happy Thanksgiving holiday!

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