

[View this email in your browser](#)



Hi <<First Name>>,

It is easy for us to take a holiday season and proclaim how thankful and grateful we are. However, it is much harder to live our lives this way, especially when the challenges of life hit us front and center.

When things are going well, we can easily smile and share the love. It is in the moments that challenge us to the core, where this is not as easy.

One thing that I have found, though, is that the more grateful and thankful I can be in all areas of my life, the more good things that show up. This is not just a thought process, but one that permeates from deep within my body.

Even in the challenging moments, the more I can stop and observe them and see them from the big picture perspective, the more I find gratefulness becomes an easier go-to-moment. For when I see them as laying the foundation to greater awareness and truth in my life, I can see they are there for a reason.

Does your life show thankfulness and gratefulness all throughout the year, or only during the Thanksgiving holiday season?

Don

P.S. If you find this inspirational and helpful, please do me a favor and pass this newsletter on to your friends! Thank you so much for doing that.



Click image to view video
30:30 minutes



Copyright © 2018 Mind Body Thoughts, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

