Subject: Happy Happy Joy Joy!
Posted by Wayne Parham on Wed, 27 Nov 2024 17:22:23 GMT
View Forum Message <> Reply to Message

Hello friends!

I wanted to write a quick note to all of you that "hang out" with me here.

Happy Thanksgiving!

Sometimes, the holidays can be difficult times. It's easy to be blue, frustrated or even full or resentment or regret. Times like these, we can easily fall prey to thinking the world has gone crazy and we can become judgmental and bitter. The world can seem to be a sad place.

I guess I should speak for myself. I can be sad, judgmental and frustrated with the world sometimes. These are tough times.

But that can be said of all times.

I do realize that perspective is all-important. What I focus upon becomes my reality. My mood is truly set by what I look upon.

So I must always keep my focus on what's good, what's fun and what I enjoy most.

There's plenty to be grateful for!
Just for fun - make a list!

I'm grateful I'm warm.
I'm grateful I have food.
I'm grateful I'm healthy.
I'm grateful for my wife.
I'm grateful for family and friends.
I'm grateful for all the good people in my life.

...and then for the really spoiled stuff, I can also mention these:

I'm grateful for my computers, both antique and cutting edge.
I'm grateful for my record collection.
I'm grateful for my sound system.
I'm grateful for my cars.