

# e-Thoughts

November 2014 Newsletter



*Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.*

Did you participate in the Ice Bucket Challenge last summer? I did. Actually, I had no choice since my grandkids "nominated" me just before they poured ice water over their own little heads! Now how could I refuse after that?

The Ice Bucket Challenge was fun. And it also raised a lot of money for a worthy cause.

Lately, I've heard about a new challenge. It's the Gratitude Challenge. You won't get an icy chill from it or find people recording it for social media. Still, it's a great undertaking.

Here's what it is: Each day, name three things you're grateful for. They have to be different each day — no repeats allowed. You can name them all at once at the end or beginning of the day. Or you can keep a running tally throughout the day.

For example, yesterday, I was grateful for 1) my family — for a million different reasons, 2) a delicious dinner prepared by a friend, and 3) my easygoing puppy. Today I'm grateful that 1) it's a sunny fall day, 2) I was physically able to take a long walk and 3) I'm feeling close to my brother because of feelings we shared this morning.

My guess is that this challenge isn't so much about how long you can go on naming three different things each day. It's really about making a habit of being appreciative, seeing the good and finding pleasure in the small stuff that makes up the everyday.

Give it a try. No buckets, no ice needed — just some awareness of the big and little things that make you smile.