

"GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS. THE MORE YOU EXPRESS GRATITUDE FOR WHAT YOU HAVE, THE MORE LIKELY YOU WILL HAVE EVEN MORE TO EXPRESS GRATITUDE FOR."

-ZIG ZIGLAR

Let us start today with a grateful spirit. Let us feed every part of our heart, mind, body, and soul, and bless the people around us with love and compassion. Let us stop complaining, and focus instead on our many blessings.

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| **Anyone can find the dirt in someone. Be the one who finds the gold!**

### **AND YOUR ALIGNMENT ASSIGNMENT...**

Step 1: Set the table for what you want in your life. Start each day with three gratitude's. Be specific, declarative, and intentional in your statements.

Step 2: Do something to show your gratitude. Pay it forward. Buy a coffee for the car behind you at Starbucks. Pay for someone's groceries at the store. Watch for Buy-One-Get-One-Free deals at the store, and gift the free items to someone less fortunate. Do something wonderful for a stranger, something that tells them "You matter, and it is no coincidence that we are in the same place at the same time!"

Step 3: Thank your body for being your vessel. How many miles have your legs walked since you learned to use them? Thank them. How many times have your arms allowed you to hold a baby, or hug a loved one, or bring comfort to a friend? Thank them. How often have your shoulders carried the weight of world? Thank them. You have eyes that have seen such beauty and wonder; ears that have heard the sweetest sounds. Thank them!

Step 4: Look for the gratitude...it is all around you! Let us spread love and joy this holiday season!