



*business and life coaching*



## November 2010

Greetings!

If you're ready to live your best life, now is the time to start your journey! Make November and December the jump start months to begin finding Passion, Joy and Success in everything you do!!

### **This month begins with gratitude:**

Research has shown that people who make gratitude exercises part of their daily life tend to be happier and healthier than those who don't. In a study done by psychologists Dr. Robert Emmons and Dr. Michael McCullough, it was found that individuals who practiced daily gratitude tended to be more alert, optimistic and have higher levels of energy.

### **Gratitude: How to make every day Thanksgiving**

For many of us, Thanksgiving Day is traditionally a day that involves eating lots of good food, spending time with family and

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maybe watching a football game or two. Most importantly, it's a day to count our blessings and give thanks. The positive benefits associated with gratitude are many, and there are ways you can keep the attitude of gratitude going strong in your life every day. Here are some ideas:

- Live in Thanksgiving every day by giving to others. This can be something like helping out a neighbor, spending time with a friend who's having a hard time, donating to a charity, or doing volunteer work.
- Every day think of one thing that you are grateful for and write it down on paper. Spend a few minutes immersing yourself in this feeling of gratitude and offer up your thanks, whether through prayer or just a simple thank you to the universe.
- People want to feel appreciated, so express your thanks to a family member or friend who has always been there for you. Say thank you to people you meet throughout the day, such as the helpful grocery clerk, the co-worker who did a good job, or the person who lets you go ahead of them in line.
- Give thanks for the food you have every day, and reflect upon the nourishment it gives to your body.
- Show your gratitude to the earth we live on by treating it with respect. Recycle, cut back on electricity use, conserve water and any other steps you can take to keep the planet healthy.
- Find gratitude in the mistakes that you make. Realize that these can be valuable opportunities for growth and learning.
- Spend some time walking through your home and notice the things you are particularly grateful for. Or, you can think about special memories that come to mind in the different rooms of your home. Offer a prayer of thanks or spend some time in joyful reflection.
- By making gratitude a part of your daily life you can create more joy in your spirit and in the lives of others. Keep gratitude alive in your heart and make every day Thanksgiving Day.

Activity: Start a gratitude journal

# Rodas Coaching Thanksgiving Special

November and December



## Thanksgiving Must Reads:

- [Thanksgiving A Time To Remember](#) by Barbara Rainey
- [Thanksgiving More Than Just Turkey](#) by Eunice Badki
- [Getting To Thanksgiving](#) by Allen Bohl and Brett Bohl

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## **Thanksgiving Day Message from Deborah**

**I am grateful for having connected with each and everyone of you and hope that this Thanksgiving brings you much Peace, Joy and Happiness with friends and family gathered around to celebrate this wonderful holiday.**

**Happy Thanksgiving!**



## **Quote of the Month**

**"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."**

***Theodore Roosevelt***

**Deborah Sakelarlis**

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