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Volume 18 November 2007

Circulation 1500

Choice Relationships: Creating Greater Gratefulness

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My Personal Insights:



Since we have just celebrated Thanksgiving in the U.S. and we are about to officially start the Holiday Season it seems appropriate to speak about gratefulness. No doubt many of you took the time to reflect on those people and things in life for which you are grateful at your Holiday dinners. The trick, of course, is to be able to hold onto

Gratefulness and Responsibility:

Everyone, including myself, wants to experience joy in life. What you don't necessarily realize is that you can create it. How? You do so by a choosing to maintain a more positive attitude, keeping a perspective that allows you to be grateful for what you have, and taking responsibility for what happens in your life. It may seem that it comes easy for some people - they don't work at it. These people tend to have a trait called hardiness. But, in fact, the trait of hardiness is one that includes an optimistic attitude, a willingness to be challenged, and a sense that what happens in life is due to personal responsibility (or what is called an internal locus of control).

So, how joyful is your life? It's up to you!

Choice Tips:

1. There are no bad decisions. Sometimes, the consequences of your actions don't bring the results you wanted. But if you look at how you can make better choices next time, then what you did was a good learning experience.
2. Know that even as one person you can make a difference. You might not know your impact immediately, but even a small gesture of kindness can have great magnitude.
3. Learn to embrace the little things in life that are pleasurable (this time of year is wonderful in certain parts of the country for season changes). Be willing to let go of small things that really have no meaning in the scheme of life.
4. Action will set off reaction. So, if you don't like the way something is going, take responsibility for how you are acting and you're likely to get

these important thoughts throughout the year. Among other things, I am grateful to all of you for your interest in my work and allowing me to share my knowledge and experience with you. My hope is that it will help you in strengthening your lives.

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a different reaction.

5. Know your true power. Though others in your life can *enhance* your happiness, it is only you who can truly choose the way you live your life and the joy it holds.

Additional Resources I Recommend:

There were several stories or clips on the internet that really moved me.

I'd like to share these with you:

The Shift: <http://www.theshiftmovie.com/>

Mousetrap story: [Click here to read!](#)

Teddy Stoddard story: [Click to Read!](#)

Empowering Information and Tools:

And though **you** are ultimately responsible for the happiness in your life, it doesn't mean that you can't get help along the way. Do you find that your life just isn't going the way you want it to -that there are barriers that don't allow you to have the life you want within yourself or with others? Does it seem like most everyone around you knows the tricks for enjoying life?

Well, you can learn skills and tips as it pertains to all areas of life - inner knowledge, finances, relationships, getting past blocks. 101 experts (including me contributing about techniques to handle stress) bring you a vast amount of knowledge all in one place to help you achieve a better life.

To find out more about "101 Great Ways to Improve Your Life", [Click Here](#)

And --- speaking of being empowered, did you open my most recent email to you asking your opinion about a membership site? Now is the time to voice your opinion and let me know what *your* needs are.

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