

MIND MATTERS: GIVING THANKS

“Give thanks with a grateful heart.” – Methodist hymn

Ever notice at the beginning of a book how the author gives thanks to everyone involved in developing the book? It’s a simple, but poignant, acknowledgement that we are not alone...that many are involved in the creation of something important.

With the holiday season fast upon us, now’s the perfect time for each of us to show our thanks to those who have participated in our creation.

As for me, I’d like to thank all my clients, past and present, without whom I wouldn’t be in business. You help me grow, learn and develop. I also thank my editor, Julie, who gave me the opportunity to infect others with my passion for personal growth. I appreciate you!

Perhaps you, my readers, have also been thinking about how you could show your thanks in more than the usual ways. Here are some ideas:

1. Hold an “honoring lunch” for your customers or friends. Tell them what you appreciate about them without expecting anything in return!
2. Next time you buy or receive flowers, pluck out one or two and give to a friend. Share the wealth!
3. Charge a Starbuck’s card with just enough for two coffees and mail to a friend you haven’t seen in awhile, requesting they share some conversation and a beverage.
4. Leave “I appreciate you for _____” sticky notes for your spouse or children all over the house (fill in the blank with what you appreciate, especially the mundane stuff!).
5. Include a book for your child’s teacher next time you buy one for your child.
6. Surprise your employees with a catered lunch at the office.

There are many ways we can demonstrate our appreciation of others, and these are just a few I conjured up. There are also many other people we tend to neglect that could use an affirmation of our gratitude, like ministers, counselors, teachers and volunteers. Who else? What are some creative ways you’ve expressed your gratitude, or would like to? Send me an email at wendy@potentiate.net. I’d love to know!

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