

Tuesday Truths 11/23/21

Here is a little Truth History.....as well celebrate our National holiday of Thanksgiving.

The history of Thanksgiving in North America is rooted in old English religious traditions dating back to the 1500's.

Most of us learned in childhood of about the Pilgrims & the Indians who celebrated and shared the bountiful harvest on the 1st Thanksgiving.

This holiday tradition is well-recorded in Virginia in 1612 and sparsely documented at Plymouth, Mass in 1621.

It wasn't until Abraham Lincoln proclaimed it a National Holiday in 1863 but due to the Civil War and the following Reconstruction of the states.....the states all celebrated on different days.

In, 1940 FDR & Congress signed a joint resolution to celebrate Thanksgiving as a National Holiday every fourth Thursday in November.

This was date was based on a business decision. I wonder if they had anticipated Black Friday back then???! LOL

As we sit around the Thanksgiving table this year with our family and friends, I would like you.....to think of the **difference between** and sometimes used as an interchangeable synonym

GRATITUDE and THANKFULNESS.

The Oxford Dictionary defines the word ***grateful*** as “*showing an appreciation of kindness.*”

And defines ***thankful*** as, “*relieved, pleased, glad, grateful.*”

This is where the difference lies; being **thankful** is a **FEELING** and being **grateful** is an **ACTION**.

It will be easy for us to look around the table and say we are thankful for being healthy, well and together especially after last year during the pandemic when we were not. This year we will be happy, warm, and fuzzy for being together again!

However, **gratitude**..... goes much deeper than this.
Gratitude is more than just a feeling of being thankful.

Being **thankful** is **the first step**.

To quote American Self-Help Author, Melody Beattie
“Gratitude unlocks the fullness of Life. It and turns what we have into enough, and more. It turns denial into acceptance, chaos to order. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense out of past, brings peace for today, and creates a vision for tomorrow.”

*“When we have a **MINDSET of GRATITUDE**, we appreciate not only **what we have**, but **who is in our lives** a whole lot more.”*

This **MINDSET** is a *precious gift of self-love to us....* And makes the pathway for noticing the gifts of others even more accessible.

The key is keeping gratitude at the forefront of our lives every day. It’s not about how thankful we are for what we have but for living **out our gratitude** through the simple things we do every day.

It's about the manifestation of LOVE, DEVOTION, & COMMITEMENT to those who mean the most to you.

As we head into Thanksgiving Holiday, I challenge you to do a Gratitude Journal. Practice writing down each day the things that you are grateful for and..... verbally express this action to those around you.

This allows us to **become present** and more aware.

“Cultivate the habit of being grateful for every good thing that comes to you and gives thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” ~Ralph Waldo Emerson

So..... begin each day with Gratitude!

As quoted by the late Randy Pausch (Educator, Carnegie Mellon University) The TRUTH is.....

“Showing Gratitude is one of the simplest, yet most powerful thing humans can do for each other.”

I am Grateful to my loving husband, my family near and far, my extended family of dear friends, and my fulfilling career, as a dental hygienist.

I am **thankful** I can still fulfill my passion to serve others in Health and Wellness as a Health and Life Coach.

“Begin each day up each day with gratitude.... with a glow and the flow to live each day with a full heart.”

~MJR

Have a wonderful Thanksgiving Holiday!

Until next week..... Show Gratitude and “Trust your Truth!”