

# *Taking time to acknowledge my blessings adds to my happiness*

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Regardless of the challenges that I face, my days end in genuine peace of mind. I am happy because I recognize my many blessings and am thankful for them.

Work days have the ability to wear me down, but I persevere. Challenges with co-workers and clients are difficult to navigate, but I give it my complete effort. At the end of each day, I consider myself blessed for having a job that feeds my family.

**I am thankful to have what many others lack.** When I take a moment to look at the expenses that I am able to take care of each month, I smile with deep satisfaction.

My heart is full when I look around at all those who love me. Whenever I feel like a personal burden is becoming overwhelming, I know just who to call. Having the support of loved ones gives me true happiness.

Telling others how important they are to me is a purifying exercise. It releases any negative energy caught in my soul and

replaces it with positivity.

Verbally acknowledging the wins in my life lifts my spirit. There is more in my life to be thankful for than to be disheartened by.

## **I focus on those blessings and gain the strength to cope with my challenges.**

Difficulties are bearable because I stand uplifted by my unquestionable potential. It is a true source of encouragement and perseverance.

Today, I pledge to seize the day and acknowledge its beauty regardless of how challenging it gets. I replace complaints with a spirit of gratitude.

## **Self-Reflection Questions:**

1. How do I feel when I make the conscious decision to be thankful?
2. In what ways am I able to be more of a blessing to others?
3. What makes me truly happy?