

“ Enjoy the little things,
for one day you may
look back and realize
they were the big things.

Robert Brault

Joyful Scribbles

JOYFULSCRIBBLINGS.COM

12 Everyday Things To Be Thankful For

Description

default watermark

||

Enjoy the little things,
for one day you may
look back and realize
they were the big things.

Robert Brault

Joyful Scribbles

JOYFULSCRIBBLINGS.COM

Practicing gratitude is scientifically proven to improve our relationships, make us happier and healthier and has a multitude of other benefits. Why is it so hard then to remember to be thankful sometimes? It's easy to give thanks for things like dream vacations, completing a big project or a new baby. It's the little things in life I take for granted.

The stress of preparing for the holidays can easily strip me of feeling grateful. It's easy to get so focused on all the "to do's" of the holidays that I forget to be thankful for what I already have. I talked to fellow Blogger and Cancer Survivor Advocate Heather Von St. James about sharing gratitude using the **#ThankfulThursday**. We would like to encourage others to share what their thankful for on social media.

Heather has faced many challenges and is grateful every day to be alive. She was diagnosed with [malignant pleural mesothelioma](#) at age 36 after giving birth to her daughter and given just 15 months to live without treatment. About 3,000 people are diagnosed with malignant pleural mesothelioma every year which is primarily caused by exposure to asbestos. Heather was exposed to asbestos fibers as a young girl which were carried home on her father's construction work jacket. She is now a 9 year survivor, writer, blogger and advocate for a global ban on asbestos which is still not banned in the US and Canada. You can read more about her inspirational story [HERE](#).

During this month of gratitude my hope for myself and for you is that you give thanks every day for at least one thing. I'm sharing 12 everyday things to be grateful for and hope that you'll share something you're grateful for on social media and use the #ThankfulThursday. I love [this woman's](#) daily exercise in gratitude. If these simple ideas don't inspire you, her [twitter feed](#) definitely will.

12 Everyday Things To Be Thankful For

1. Your breath.
2. Your home. It may not be perfect, but at least you have a roof over your head.
3. Your family or friends. We aren't meant to be alone in this world.
4. Blue skies
5. Sunshine- I'm especially thankful for this during Kansas winters.
6. A friendly SMILE
7. A hug
8. The last piece of pie, donut or whatever else might be on your comfort food list.
9. The smell of fresh laundry which has been folded and put away and an empty laundry basket even if it's only for one day.
10. Chinese takeout or any other take out foods.
11. Forgiveness
12. A good night's sleep.

I haven't shared a lot lately on social media, but I will be challenging myself to share things I'm grateful for on [Instagram](#), [Facebook](#) and [Twitter](#) until the end of December. Use the #ThankfulThursday and see what others are thankful for as well. Will you join me?

Date Created

2015/11/23

Author

queenie