

Attitude of Gratitude

A new year brings to mind the idea of making resolutions. Why do we do this? If made, they are hardly ever kept. A resolution is "a firm decision to do something" according to Encarta World English Dictionary. The most common resolutions: lose weight, eat healthier, exercise more, stop smoking, etc, are all about "me". I have not made New Year's resolutions in years. I never kept them either.

This year, however, I resolve be more grateful for God's gifts, be they large or small; to smile more and complain less; to say yes more often, if in my power to do so, to someone in need; to be more open to new ideas; to encourage and be more positive.

Are there benefits to living a life in the positive? Absolutely! Studies have shown that a positive attitude produces a calming response for the body; coronary arteries dilate, heart rate slows, blood pressure decreases, facial muscles relax (less wrinkles).

How is this accomplished? Can one say "Today I am going to be happy. I'm not going to let anything bother me." I suppose that might work for some. Peace, joy, patience, gentleness are some of the "Fruits of the Spirit"; God's wonderful gifts for living life in His Grace.

I challenge you to join me in resolving to be more positive. Keep a Blessing Box. Every time something positive happens, write it down, date it and put it in the box. At Thanksgiving or New Year's Eve bring out that box and look at all the ways God has blessed you through the year.

I wish everyone a blessed 2012.