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How to Be Thankful ... Even in Difficult Times

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By Healthy Aging Admin

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Practical advice to try thinking thoughts of thankfulness

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Bring Dramatic improvement in your spirit, relationships, creativity, and in your life by trying the

With record unemployment, home foreclosures, and a financial market meltdown, it may feel like a tough time to be thankful. Yet "practicing thankfulness is one of the most powerful ways of thinking to bring about a change in our circumstances," says Mary J. Lore, author of the award-winning book *Managing Thought: How Do Your Thoughts Rule Your World?*

Founder and President of Managing Thought ( [www.managingthought.com](http://www.managingthought.com) ), Lore conducts workshops across North America to help individuals and organizations develop self-awareness and change how they think to attain long-lasting success.

"During difficult times, we may find ourselves struggling with thoughts of fear, self-doubt, anger, frustration, anxiety, depression, and despair. These kinds of thoughts do not inspire you nor do they move you in a direction that serves your purpose -- in fact, they make matters worse."

Thankfulness, on the other hand, is one of the quickest and most powerful ways to create a change in our circumstances. Lore says being thankful raises us to a new level of consciousness, giving us the ability to see possibilities, discover what we truly want, receive ideas on what to do next, and realize a vision for the future.

"What we think is a matter of choice. It is up to us to choose powerful thoughts that move us in a direction that serves our purpose," advocates Lore. "Powerful thoughts bring us peace and inspire us. Thoughts of thankfulness, vision, purpose and possibility are powerful thoughts."

Lore offers advice to practice thinking thoughts of thankfulness. Lore says that practicing just one of these things brings dramatic improvement in your spirit, relationships, creativity, and in your life.

- List everything you are thankful for, especially things you are unhappy about. If we hold contempt for anything we wish to change, we block our ability to change it.
- At the end of each day, think of everything you are thankful for from that day. Our spirits are lifted when we are appreciative of even the smallest things.
- Throughout the day, take note of what you are thankful for and be thankful for each experience.
- When you catch yourself thinking self-defeating thoughts, take a deep breath, first exhaling deeply, and ask yourself "What can I be thankful for in this moment?"
- See what happens.

Source: *Managing Thought LLC*

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