

November



**“Grateful living is a way of life which asks us to notice all that is already present and abundant—from the tiniest things of beauty to the grandest of our blessings—and in so doing, to take nothing for granted. . . . Small, grateful acts every day can uplift us, make a difference for others, and help change the world”**

— [Gratefulness.org](http://Gratefulness.org)

November is a wonderful month to take a little time and ponder what we really are grateful for. If you go through your day moving from one task to another, you could be missing out on all the positive benefits of pausing to take the time to reflect on those grateful moments in your life. Not only is this a mood booster, it also improves your mental health. Homecarebyseniors.com has some ideas on how to get started on the road to gratitude:

- Make a list of those you are grateful to have in your life. This list can also include things that you are grateful for, such as a beautiful sunset or a favorite meal.
- Show gratitude by saying thank you. If you did not have the chance to give a verbal thank you, a quick note or text will brighten another’s day, and yours!
- Focus or meditate on the present moment and everything that you have to be grateful for.
- Take the time to think about your past and everyone who has touched your life at some point. This list will likely be too long to keep in one notebook!

In 2017 Pope Francis said, “Each and everyone’s existence is deeply tied to that of others. Life is not time merely passing by—life is about interactions.” Just as others have crossed your path and made a difference, you have done the same for many. The interactions that we have on a day-to-day basis are what keeps us going and give us meaning and purpose.



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