

Being Thankful for the Detours

It's November--and right about now we are (hopefully) thinking about giving thanks... at least for a couple of weeks before the mad holiday rush *really* kicks in... Up here in the Northeast, they may be finally wrapping up the construction detours, but we know the traffic is only bound to get more intense!

But let's get a little deeper and center ourselves before the whirlwind...

That feeling we get, of being off balance often comes from focusing so much of our energy on what we lack that we forget the treasures already in hand. Yes-- the good people in our lives, the roofs over our heads, the food that we share... but let's get even deeper...

Can we also appreciate what we have been given *in place of* our perceived lack or misfortune? For example: after (and during!) financial drought, are you reminded to respect the resources you *do* have? In the wake of tension, can you marvel at how a stumble into humility creates a pause where you can see both sides of the matter? The other person probably can too...

These are blessings in disguise, lessons before the prize, treasures taken for granted, detours that needed to happen... Sometimes uncomfortable "obstacles" reroute us because there was something we needed to see or learn along that new path. We could have been ahead of schedule and needed a delay, or way behind, needing a fast track to make the next interchange... perhaps we were heading the wrong way all along, or maybe we just needed to slow down, enjoy the scenery, and take the long way home.

Rerouting...



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We all face times when we especially need to cope, to unclench our minds and rise above the toxicity of the moment. Though I'm not a licensed therapist, I am a spiritual artist. I created these worksheets to help myself—and others, if possible--work it out.

You can find worksheets such as "New Beginnings", "I Feel Good", and "Time Menu" available at low introductory rates in my website shop: efgrace.com >> Galleria >> Shop >> Especially Coping Printables.

To thank you for keeping in touch, I've attached a free sample worksheet entitled, "GRATEFUL". I hope the design delights you and the content inspires some personal insight!

Until next time,
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