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Being Thankful – A Forgotten Art

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Developing an authentic and sustained sense of thankfulness demands some deep and committed personal reorientation. If we are to embrace a liberating and enriching sense of thankfulness, we must question some basic and very core beliefs, habits and tendencies. Some of these are quite difficult and inordinately revealing. However, we can begin the process of cultivating this sense of thankfulness by asking ourselves some pointed but constructive questions:

1. Do I possess any sense that I am owed something? And if I do, is it something that I am owed as compensation for actual work I’ve done or obligations I’ve fulfilled, or do I just feel I should have it?
2. Do I tend to see things that I possess as a regular and natural part of life that just are mine because I am?
3. How would my view of life be changed if I viewed everything as a gift?
4. How would my view of possessions be changed if I viewed everything as a something I am privileged to enjoy verses something I have a right to own?
5. What would happen if I expressed some degree of thanks, either large or small, for everything that I obtain from this point forward?
6. Have I contemplated that all my material assets are ultimately doomed to deterioration and destruction? And having embraced that reality, have I determined exactly what I want to leave my loved ones once I am gone for which they would be thankful?
7. What three things could I start being thankful for right now?
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