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Magnificent Living – Taking Things for Granted

Licensed Professional Counselor

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Aldous Huxley pointedly pointed out that “most human beings have an almost infinite capacity for taking things for granted.” We assume that things occupy a place in our lives just because they’re supposed to occupy a place. We make things something more like an entitlement or something we’d ascribe to the norm. As we meander along and do that, things gradually fall unnoticed behind an invisible veil where all of these things are smack-dap in front of us but are completely invisible to us. We walk around with precious things, and precious people, and precious resources, and precious talents that are entirely invisible and therefore ignored. And so, we take things for granted.

What percentage of time am I using to simply keep up with life?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time I Spend Keeping Up

What percentage of time do I spend contemplating life instead of just doing life?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time Contemplating Life

Think about four things in your life that you would have a hard time living without that you tend not to think about.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What two things can I do to maintain a greater degree of awareness regarding these four things?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What two things can I do to develop a great sense of appreciation for these four things?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How can I help cultivate a greater awareness of and sense of appreciation for these things in the lives of the people closest to me?