



# BE GRATEFUL

**It is November, the month for gratitude. You might have heard about the gratitude challenge on social media. It is usually posting one thing a day that you are grateful for. I think this is a great idea and something you and your family can work on together.**

**As humans, our brains are wired to focus on the negatives. If we let our brains do their own thing, we will miss out a lot of the positive things around us! If we want to be more positive, we can practice gratitude, each and every day. We need to challenge our brains to see the good, no matter how small or insignificant. Think of gratitude like a muscle, the more we work it out, the stronger it gets.**

**By challenging our brains to notice and name the good, we can boost our brains ability to do this more easily. Which in turn will help us to find more positiveness in our lives.**

**So here is my challenge to you. Each day in the month of November, I want you to name at least one (you can do more if you want to) new thing per day that you are grateful for. Each day of gratitude should be unique, no matter how small. Challenge yourself not to repeat the same thing each day. This might be a little hard at first but the more you do it the easier it can get and you may start to notice tons of goodness that your brain was simply missing before. My hope is that once you start doing this for the next 30 days you will want to continue on for 365 days and beyond.**

**If you have any questions or would like to discuss this further please contact**

**Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913  
or [cgilliam@sctca.net](mailto:cgilliam@sctca.net)**

