

Motivational Moments: Take the time to appreciate life

Written by Penny Jones-Richardson
Monday, 19 May 2014 16:00



Have you ever taken the time to just appreciate the things that you have been blessed with? I heard someone say once that every morning they wake up and spend time meditating on everything that God has blessed them with. They don't just talk about their home or their cars, but they say thank you for everything. And I do mean "EVERYTHING!"

This was the strangest thing I had ever heard. Not that they are thankful, but the fact they mention everything. This process can take up to two hours they said. That seems a bit excessive to me, but if it works for them, then who am I to say anything different.

Lately I have found myself thinking about all of my blessings, too; although I don't spend hours naming them all. I realize that in all of many blessings I am most thankful that I have a family who supports me and is there when I need them. I know that many people have family who love them, but how many of you have a family that is willing to be there for every step of your journey?

Truth is, I didn't realize I had this until I moved to another state. I remember when I first left and how it broke my heart to leave my family. I had never lived anywhere except around my family and the move away from them devastated me. I thought that we would lose contact or we would just not be a part of each other's lives anymore.

The lesson I learned in all of this, is that no matter where you are in this world, you still can have the support of family. My family has supported me during every part of my journey. They cheer for me when I accomplish my goals and they help build me up when I am down. And for this I am truly thankful. Sometimes I wonder where I would be if I didn't have the support of my family, but I hope that is something that I never have to experience. So if you are taking the time this week to think about all of your many blessings, if you have a supportive family, add that to your "Thankful List."

And as always, stay focused, stay determined, and keep striving for greatness.

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