

Being Thankful Everyday



By Heidi Hatch
She can be seen weekday mornings on
FOX-35 News from 5:00-9:00 a.m.

Thanksgiving is the one day during the year where we all sit down and think about the things for which we are truly grateful. I like to think that I do this every day, but let's be honest, living with an attitude of gratitude is sometimes easier said than done.

If you are anything like me, it seems that there is always something to make me forget about being thankful. Whether it's my three-year-old who doesn't quite make it to the bathroom in time or my own absent minded moment where I back my car into my husbands'. Life's daily annoyances can add up and we can all get mired down living in the moment and forgetting about the bigger picture.



"Sometimes it's the simple things that we all take for granted... and if you stop and think I'm sure you too will realize how much you have to be grateful for every day and not just on Thanksgiving."

Because of those days where it seems there is little to be grateful for, I've saved a little something of my daughter's to remind me that life is good. Hanging in the midst of the mess in my children's playroom is a giant turkey. Last thanksgiving my daughter rolled out some old wrapping paper and cut out a turkey the size of a small child. Once the turkey had his feathers and a proper gobbler, she sat us all down to make a list of the things for which we were thankful. On her giant turkey, she wrote down everything from our bones and brains to flowers, spacemen, the moon and mom's job at FOX 35. Her list is simple, sweet and sincere. That is why the tired old turkey keeps his place of honor in our home year-round. He's a good reminder of all that we have to be grateful for.

My family isn't perfect, but we are trying, and I want to share a couple of things that work for us in showing gratitude year-round. Before breakfast, lunch and dinner

we say a quick prayer. Growing up, I was always taught to say thanks first, ask for what you need next. Whether it's mom or dad saying the prayer or one of the kids, it's nice to stop even if just for a moment to say thanks for the sunshine, thanks for our family, our food and another day together.

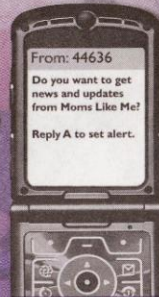
Sometimes, we all need something more. When times really get tough I think of a dear friend of mine who lost his four-year-old son in a tragic accident. Instead of wallowing in his own misery, my friend has chosen to live life to its fullest giving thanks for what he does have and every precious moment that he had with his son. Little Wesley used to say "be happy every day" and that is now his Daddy's motto. He spends what could have been long lonely days serving others - mentoring kids and building schools in his sons name in Africa. His son's mantra now his own, "be happy everyday."

I think we could all learn a little something from Wesley and try to be happy every day by showing gratitude. When it seems just too tough to try, remember to "just keep swimming." That's what Dory told Nemo in Disney's "Finding Nemo." It's also what my friend used to tell his son when he wanted him to keep plugging along. I think we'd all do well to take the advice of this adorable little four-year-old, wise beyond his years. Let's all try to be happy everyday with what we do have and when life gets you down and out...just keep swimming.

Sometimes it's the simple things that we all take for granted... and if you stop and think I'm sure you too will realize how much you have to be grateful for every day and not just on Thanksgiving.

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