

DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

Counting Your Blessings

The main times when people count their blessings is on special occasions like Christmas, New Year, Thanksgiving, Birthdays and Anniversaries or any other gatherings when people come together and are amongst the most important people to them. Doing this can help bring perspective to any otherwise complex life. If we count our blessings regularly then we can hold on to that perspective throughout our daily lives. This in turn can aid our ability to deal with difficult situations in a positive way as we can more easily see how the immediate event fits in to the bigger picture.

Spending a couple of minutes before we go to bed, just reminding ourselves of our blessings, we can train our brain to be in a positive state throughout the night and into the morning.

When we first start thinking about what our blessings are, some of us can be a little pessimistic about it but there are some simple things that can start us off in building a list of blessings to count on a regular basis. The following are three good ones that most of us can count:-

1. That we made it through another day of challenges.
2. That we have somewhere to rest our heads at night.
3. We have access to clean water to stay hydrated each day.

These may seem quite broad but they are definitely blessings when you think that the second and third one aren't a blessing for many others in this world. You can add your own more personal blessings to this list to do with having family and friends, you could also add access to food as well as a roof over your head. I'm sure you could make quite an extensive list with only a little thought.

Don't forget to keep this list and look at it each night.

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

Rob Palmer – Founder of Develop Together