



## COLORADO LAWYER ASSISTANCE PROGRAM

### Thanksgiving Lessons to be Thankful For

*“Everyone is my teacher. Some I seek. Some I subconsciously attract. Often I learn simply by observing others. Some may be completely unaware that I’m learning from them, yet I bow deeply in gratitude.” ~ Eric Allen*

November is the month we associate with gratitude. Historically, it is the time when Americans celebrate the bounty of the fall harvest. Today, it is a time to appreciate the fruits of our labors and everyone who has helped us along the way. This November take time to contemplate the lessons you have learned, and the people or situations that have facilitated your growth over the past year. Do any of the following resonate with you?

- I have learned that you can’t hide a piece of broccoli in a glass of milk. -Age 7
- I have learned that when I wave to people in the country, they stop what they are doing and wave back. -Age 9
- I have learned that if you want to cheer yourself up, you should try cheering someone else up. - Age 14
- I have learned that silent company is often more healing than words of advice. -Age 24
- I have learned that if someone says something unkind about me, I must live so that no one will believe it. -Age 39
- I have learned there are people who love you dearly but just don’t know how to show it. -Age 41
- I have learned that keeping a vegetable garden is worth a medicine cabinet full of pills. -Age 53
- I have learned that making a living is not the same thing as making a life. -Age 58
- I have learned that whenever I decide to do something with kindness, I usually make the right decision. -Age 68
- I have learned that even when I have pains, I do not have to be one. -Age 82
- I have learned that I still have a lot to learn. -Age 92

Big or small, profound or simple, we learn lessons every day that facilitate our growth. Appreciating what we learn helps us put negativity into proper perspective! Take some time to think about the lessons for which you are truly grateful.

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