

The ABCs of gratitude

I have a practice of saying five gratitudes every night at supper with my husband. I also have a practice of exchanging emails that list three gratitudes every day with a couple of my friends. Here's yet another way to put gratitude into your life. This exercise is proposed by writer Brother David Stendhl-Rast and is one I sometimes use when I am trying to fall asleep at night!

Go through the alphabet just thinking of a word that starts with the letter A – let's say you decide on apple – you then come up with a gratitude around apples. Grateful for their crispness, the way they hang on the tree, their appearance every Autumn, the apple pie you remember your Mom baking etc. Then go on to B – continue until you reach the end of the alphabet or fall asleep! Of course, you might have come up with the word "anxiety" for A. Still you can find reasons to be grateful even for anxiety... it warns you that something is amiss, it keeps you on your toes.

This is yet another way for us to learn to appreciate the ordinary in our lives.