

A few years ago a new movement started and each year it continues to gain in popularity, it's called the 30 Days of Giving Thanks Challenge and it takes place in November. Unless you have been hiding under a rock for the last five years or you've sworn off of social media, chances are, you've heard of it.

The focus of the challenge is to get participants to give thanks for both the big and the small and, if you choose, to share the things that you are thankful for with others thereby encouraging them to do the same. It doesn't require you to be religious; it just requires you to recognize the things in your life for which you are thankful and to acknowledge your thankfulness.

Although you are supposed to add one thing that you are thankful for to the list each day in November, I did my list in advance and I want to share with you what I am thankful for in hopes that you will take a minute to consciously engage in thought about what you are thankful for.

I am thankful for:

1. My husband and his love for me because he's a true partner in my life.
2. My family, even the crazy ones.
3. My friends, old and new and the friendship, support and love they provide.
4. My furry children for constantly providing me unconditional love.
5. The time I was able to spend this past year with my Grandpa, who was taken from me too soon, including that lovely walk we made together down the aisle when he handed me off to my new husband :)
6. Family traditions.
7. My co-workers who get me through the day, five days a week.
8. My career which fulfills so many of my needs and provides me with satisfaction.
9. My home, I have a roof over my head when many others do not.
10. Veterans who serve or have served this great country, to protect the American way of life, and allow me the freedom to exercise choice in areas others can't.
11. Having enough of everything that I need plus more to share with those that don't have enough.
12. My faith and that I share it with, and am supported by others, but also that I live in a country where everyone can express their own views freely.
13. Causes and movements that I am passionate about and work to support.
14. The law.
15. Having the ability both financially and time-wise to volunteer.
16. My life and health because I get to get up every morning and enjoy life, I can breathe, walk, talk, run-slowly, hug, love, cry, smile, laugh and love.
17. My eyesight because it allows me to see the beauty this world holds.
18. My hearing because with it I can hear my loved one's voices.
19. My education, because it's opened up so many new worlds to me.
20. My safety.
21. Where I live and all the great things to do here!
22. Vacations.
23. Opportunities.
24. Possibilities.
25. Options.
26. Time.
27. Naps.
28. Being in the moment right now.
29. The little things and big things alike that make up a moment, a day, a life.
30. Who I am.

So, what will you be thankful for this month?

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