



# GRATEFUL ON THANKSGIVING

November 21, 2014

As Thanksgiving approaches, this unique day always provides me with the perfect opportunity to express my gratitude and appreciation to my clients, associates, family and friends in my 27<sup>TH</sup> annual message of thanks.

Thanksgiving is the perfect occasion to reflect on the many blessings that are bestowed on us daily and to think about the beauty of life around us.

On this Thanksgiving Day, thank someone, hug someone and ask your family and friends to share something for which they are thankful and grateful. It's a nice way to enhance the meaning of this special day.

*Marc Maretsky*



# **“Gratitude is the Best Attitude”**

## **Expressions of Gratitude**

- ✓ The beauty of nature - magnificent mountains, the color of leaves, the smell of flowers, roaring waves, sunrises and sunsets.
- ✓ The month of November, when sunsets throw a deep orange glow across clouded skies and the full moon shines brightly.
- ✓ A nice drive on a scenic road.
- ✓ Leaves on trees that turn colors during autumn and crunch underfoot on a clear, crisp windy day.
- ✓ Family and friends who have a sense of humor to help us laugh our way through the rough spots and who rekindle our spirit.
- ✓ People who are kind, generous and helpful.
- ✓ Thoughtfulness, sharing and forgiveness.
- ✓ The ability to change and the challenge to improve.
- ✓ Productive days, reaching our goals and setting new ones.
- ✓ Positive experiences in life and the lessons we learn from adversity.
- ✓ Random acts of kindness.
- ✓ Joy in being surprised -- no matter what the occasion.
- ✓ Simple pleasures in a complex world.
- ✓ Birthdays, holidays, vacations and traditional celebrations that create fond memories.

- ✓ Photographs, selfies and video that capture our lives, times and all the beautiful memories we create.
- ✓ The basics: food, clothing and shelter.
- ✓ Good health and our seven senses of sight, hearing, smell, taste, touch, common sense and nonsense.
- ✓ Love at any age.
- ✓ Weekends spent doing something or nothing with someone very special.
- ✓ A democratic society where we are able to freely express ourselves regardless if we like the candidates or not.
- ✓ All religions and the ability to worship as we choose.
- ✓ Cultural activities including film, theater, art and music that fill our hearts and soul.
- ✓ The Red Cross and other relief organizations that help us at every disaster.
- ✓ Volunteers, teachers and doctors who care about and help others.
- ✓ Police officers and firemen who risk their lives every day to serve and protect us.
- ✓ Our veterans and armed forces around the world that defend our country and freedoms.

**Expect nothing, appreciate everything and for whatever makes you grateful, I'm extremely grateful. *Marc***