



# Mondays

with Mike

## AULTCARE

WEEKLY PLAN

MONDAY

TUESDAY

## Celebrating Thanksgiving with a Unique Reflection!

As each of you begins your week, you will undoubtedly be peeking forward into all of the Thanksgiving activities that make this holiday one of the more special ones of the year. It will be filled with visits, eating, games, and yes, even shopping!

While you enjoy all of these activities, I would like to slow you down, unbundle the word Thanksgiving into its two keywords (Thanks and Giving), and share a reflection that will deepen our purpose beyond these wonderful holiday activities.

First, the word “Thanks” ~ Thanks is a word that implies and energizes the word gratitude. We should never pass up the opportunity to share gratitude, even in the smallest of amounts. If we are feeling the opportunity to share gratitude, but do not express it, it is like wrapping a present and not giving it! Share a “gift-wrapped present” of gratitude this week! Then, make a habit of doing it each time an opportunity presents itself.

Now for the word “Giving” ~ Giving is a word that implies and nudges us toward contribution. If we can share some of our time, talent, and treasure, we have the opportunity to lift others up. That type of contribution multiplies itself in far-reaching ways.

Yolanda Berg shares this about contribution:

*Our contribution purely depends on our consciousness and our willingness to support those in need, to show vulnerability and accept the support of others, to share without expecting the credit, to give it our all and allow our hard work to decide the outcome.*

So, enjoy this awesome holiday and while you do so, be sure to reflect upon your ability to share gratitude and find ways to contribute!

## Happy Thanksgiving!

