



Thanksgiving is a time to reflect on the year and express gratitude for the blessings in our lives. Here are some ways to reflect on Thanksgiving:

- **Count your blessings**

Acknowledge the big and small things you have to be thankful for, such as good health, personal achievements, and the support of loved ones.

- **Invest in relationships**

Take time to connect with family, friends, and mentors, and let them know how much they mean to you.

- **Open your table**

Consider inviting someone who might be experiencing the holidays without a loved one for the first time.

- **Shift your focus**

Instead of focusing on what's going wrong, try to focus on what's going right.

- **Practice gratitude**

Try writing down 100 things you're grateful for, or meditating on three things you're grateful for and three things you're looking forward to each day.

- **Recognize the divine benevolence**

Gratitude is a recognition of the divine benevolence that permeates every aspect of our lives.

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