

SW #5 November 12, 2024

Be Kind, Be Thoughtful, Be Genuine and Be Thankful

The during this month of November, we will be giving thanks on Thanksgiving Day. We will have the opportunity to reflect on our lives and how well we have lived them. This season can also be a time to contemplate our hopes for the future as well. I came across a quote, the origins of which are unknown, but I thought I would like to share it with you and reflect on some of the ideas it made me think about. The quote goes as follows:

**Be Kind
Be Thoughtful
Be Genuine
but most of all
Be Thankful**

How can these words impact our lives? Here are a few examples.

We are **kind** when we put ourselves in others shoes and consider their points of view.
We are **kind** when we try to do the right thing. People remember those who treat them with kindness.

We are **thoughtful** when we take care of ourselves so we are able to connect positively with others.
We are **thoughtful** when we do small things for those who we come in contact with, like opening a door or giving a smile to a cashier.
We are **thoughtful** when we treat those around us in the same manner that we want to be treated. The old Golden Rule should still apply in our lives today.

We are being **genuine** when we are true to ourselves and are certain of our own self values, that way we are less likely to be swayed by others opinions.
We are **genuine** when we don't lie, but at the same time we **shouldn't** always speak the truth if that truth maybe unkind or hurtful to someone.

We are **thankful** when things are going well, but we also need to be **thankful** when things are going poorly. Being **thankful** can redirect negative emotions by shifting our thoughts to more positive ones. Being **thankful** helps us develop a resilient positive attitude that will help us deal with adversity that some time occurs in different periods of our life time.

This simple quotation:

**Be Kind
Be Thoughtful
Be Genuine
but most of all
Be Thankful**

Is only 12 words long, but these simple words can go along way in determining the level of happiness in our lives and in the lives of those around us. They are important words for us to remember as we

continue on our combined journey Spreading Sunshine and Moving Mountains in the Southwest Region of Alpha Delta Kappa.