

# Spark\*

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Online Newsletter by  
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Catch the SPARK to honor your values, envision your success and tap into your creativity.

## LIFE IS PRECIOUS: How to Adopt an Attitude of Gratitude

Canadian Thanksgiving Day is coming up on October 8<sup>th</sup>. This has sparked memories of how my Attitude of Gratitude first began.

Imagine a dark and windy road on the west coast of Ireland. It is New Year's Eve, 1996, and my friends and I are on our way back to Galway, enjoying each other's company. Out of nowhere, we are blinded by headlights as a fast-approaching car is cutting the corner. The few seconds before the collision feels like eons. Many thoughts are racing through my mind: My life is over. I haven't finished. I am too young to die.

Miraculously, no one died. I did get badly hurt, though, and it took me two years to fully recover. Despite the pain and slow process, I came away from this accident with a much greater appreciation for life. Many things that I had been taking for granted now seemed very special, such as feeling the warmth of the sun on my skin or a whiff of ocean fresh air.



Unfortunately, it often takes something serious like a near death experience to appreciate what we have. It shouldn't. You can adopt an attitude of gratitude today.

### Adopt an Attitude of Gratitude

The more you appreciate what you already have, the easier it is to attract more of what you want into your life.

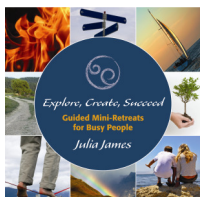
Recognize, cherish and enjoy the many wonderful things that you probably take for granted. Here are some ideas to help you get started with making your list:

- The simple, bare necessities: water, food, shelter, fresh air to breathe, and being alive.
- The people in your life: your friends, family, and colleagues. Be specific about the things you appreciate in them.
- Your successes, your accomplishments, and the things you learn every day.

Notice the feelings and physical sensations that arise when you think about all these wonderful things. Enjoy these feelings!

### Share Your Gratitude

Make this Thanksgiving dinner extra special. Take some time to go around the table and let each person express what they are thankful for. Enjoy!



Want to attract more great things into your life?  
Check out the mini-retreat audio CD - *Explore, Create, Succeed*.  
Explore and create what you love!

Visit [www.juliajames.ca](http://www.juliajames.ca) to order the Guided Mini-Retreat CDs.

JuliaJames 

Julia James is a Certified Life Coach. She partners with busy professionals to help them achieve balance in their lives.

Julia creates a safe space for clients and group participants to explore their passion.

For more information visit: [www.JuliaJames.ca](http://www.JuliaJames.ca)

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