



## **An Attitude of Gratitude**

**by Annemarie Eveland**

It's a short walk – only twenty minutes. But a morning stroll around Green Valley Lake in Payson reveals an abundance of things to be grateful for this *Thanksgiving* month. The word gratitude comes from Latin --“gratis” -thankful, pleasing. Here's what I found pleasing in yesterday's walk:

The crisp autumn air, invigorating and refreshing. The eagle had landed, bold and commanding. Ducks of assorted kinds quacked energetically on their water bed. A hidden bullfrog croaked loudly. Trees with garments of gold and red proudly displayed themselves. Leaves danced merrily down to the still wet green grass.

A kayaker drifted gracefully across the silent water. The sun began streaming into the day, casting its magical warm glow on everything in its path. Fishermen (and women), old and young, lined the banks with their hopeful dropped lines. Suddenly a little boy's dream came true. His rod bent; his hands shook. Dad helped him land a trout—big enough for him to be wide-eyed and excited. “His first fish!” Dad proudly said to me as I stopped to witness the moment. I smiled, thankful for their joyful moment. My feet followed the path

again, only to discover mysterious little hand painted rocks placed around the path with happy messages. No mention of who left them or how they got there so I can suspect *everyone* of this secret act of kindness. Other walkers picked them up too, smiled and carefully put them back down.

My faithful small black companion trotted along beside me. His four feet stopping often so he could sniff. Two ducks posed for an eager photographer. An elderly (even to me!) couple slowly walked—hand in hand. I smiled again

All these little gestures of gratitude could not have been possible if I didn't have eyes to see, legs to walk, ears to hear, nose to smell, hands to touch and heart to feel. I was filled with such gratitude for this experience. Moist wetness streamed down my cheeks. Yes, simple gratitude feels wet sometimes.

So, here's my invitation: when your day starts, begin with an attitude of gratitude. Look for those small joys that touch you and you will see that your day *is* full of gratitudes. May this month be a blessing for you and all those you love. Happy Thanks--giving!