



## Experience, Strength & Hope: Gratitude

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). This next set of 12 emails will focus on gratitude as we move into the end of the year. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them. You can find previous emails in this series [here](#).

### Grateful for Gratitude:

I have been told to carry an Attitude of Gratitude. Easier said than done to say the least! I find myself in meetings saying, "I am grateful to be here," even when I do not want to be there. In these moments, I am reminding myself to appreciate the opportunities that are put in front of me. There are times when I am required to act "as if" I am carrying an attitude of gratitude. This does not mean my gratitude is superficial. It usually means that I am having a hard time with something. In the moments I stop to verbalize or make a mental note of my gratitude list, I am able to shift gears and act as if I have an attitude of gratitude. Before I know it, the problem that was bothering me falls away and I have found appreciation for the present moment. - Kelsey W.

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