



## 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 Suggestions:

When I was new, I kept hearing suggestions from other members about writing a daily gratitude list. At the time, I knew I was an exception to 'what worked' and felt what worked for them would not work for me. As time went on and I began to feel the pain of being stagnant in recovery, I got the bright idea to try some suggestions. Today I find that any time I write a gratitude list, my day is more smooth. The days I do not write a gratitude list are not smooth, to say the least. While the act of making a gratitude list does not have to be a physical thing, it helps me to actually write it down. I have found it helps me to find something to be grateful for and keep it in the forefront of my mind for the day too. It also helps me to share something I am grateful for with other people. It took me about 3 years to get in the swing of 'doing the deal' and to truly follow the suggestions that I was given when I first came to the program. I am grateful for the suggestions. - Kelsey W.

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