

## Gratitude: How We Live Each Day

Myrna Lapres  
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**Coach Myrna--November 20, 2020**

[www.coachmyrna.org](http://www.coachmyrna.org)

## How We Live Each Day

At this time of year, we are encouraged to remember what we are grateful for. Whether it is from a post on social media, a sermon on the Sunday before Thanksgiving or around the table before the turkey is carved, we are asked to reflect on what we are thankful for. Having gratitude is a worthy endeavor that I believe shouldn't be reserved for a certain season. For ways to incorporate gratitude into daily life, check out the ideas I shared in a blog post a few years ago. [www.coachmyrna.org/coachmyrna-blog/gratitude-as-a-daily-practice](http://www.coachmyrna.org/coachmyrna-blog/gratitude-as-a-daily-practice)

Today I would like to focus on moving from feeling grateful to doing something to express that gratitude. There are many opportunities that we can take to put our gratitude into action: thanking the checkout clerk at a local store for her efficient service, calling someone that we know is homebound and not able to have visitors, donating canned goods or volunteering at a local food bank, helping your family make a card or a video to send to grandparents or sending

a letter or text to someone to express your appreciation for their presence in your life.

This is also the time of year that many consider giving an end of the year donation to support non-profits for the differences they are making in the lives of others. An organization that I support as a member and as a director on the board is **Women's Federation for World Peace**. WFWP believes that each of us is a peace leader in our circle of influences--with our family members, our co-workers and those that we interact with at church, on a committee or in our neighborhood. When we follow the Golden Rule of treating others the way we want to be treated--with kindness, respect and love--we discover that there is more we have in common than what separates us.

Working together with women from many walks of life through WFWP, I experience gratitude for their unique expressions of care for others and find it exciting and nourishing to be able to choose to be part of giving back in this way. Some of the WFWP projects serve internationally. For over twenty-five years, WFWP US has financially supported nine schools in eight African countries. [www.wfwp.us/schools-of-africa](http://www.wfwp.us/schools-of-africa) Just yesterday, one of my fellow WFWP members created a disaster relief for the victims of the recent typhoon in the Phillipines [tinyurl.com/yxt872fr](https://tinyurl.com/yxt872fr)

Other initiatives are focused on the challenges that we are facing here in the US. Twice a month, we have been coming together on a zoom prayer circle for peace and healing in America, reminding ourselves and each other of what is truly important and unchanging in our lives. Local chapters work collaboratively with other organizations, focusing on reconciliation and ending racism, educating about domestic violence, organizing neighborhood clean-ups and much more.

Perhaps, I am most inspired by educational components that I can be a part of. About a year ago, I became a Women's Federation for World Peace Global Friend. [www.wfwp.us/globalfriends](http://www.wfwp.us/globalfriends). Global Friends are organizations, companies, and movements who believe in and support core peace tenets and use their outlet to foster lasting peace and prosperity for generations to come. In this way, I can combine my educational and coaching work with giving back and collaborate on some amazing projects. Over the past year, I was able to work together with a small group of talented coaches and educators to create a zoom webinar series entitled "What is the Path to True Freedom? Finding

Unconditional Love and Fulfilling Relationships."

While we cannot control a lot of what happens in the world around us, we do have control over the choices that we make and how we live each day. I encourage you to be mindful about your interactions and seek ways to express your gratitude to others. If you are looking for an organization that supports women to be peace leaders, please visit [www.wfwp.us/](http://www.wfwp.us/) to learn more. If you would like to be part of a learning community that is striving to live from a place of unconditional love and learn to communicate more effectively, please visit my website to see upcoming programs. [www.coachmyrna.org/](http://www.coachmyrna.org/)

Wishing you a Happy Thanksgiving!

