

Deepening the Connection - Find Small Ways To Express Appreciation For Others

Myrna Lapres
November 18, 2024



Coach Myrna, November 18, 2024
www.coachmyrna.org/

Deepening the Connection

This week, I am spending time with my mom who is now on hospice. As I reflect on all my memories with her, I am so grateful that I have made time to visit with her regularly over these past few years and found ways to heal misunderstandings and resentments that I had from the past.

As we approach Thanksgiving and the season of gratitude, I encourage us all to find small ways to express our appreciations for others, especially parents and siblings who are still with us. Consider having some deeper conversations about finding grace and forgiveness for each other.

I have mentioned previously a project that I am co-hosting--***A Deeper Connection***-- a podcast with Crescentia DeGoede empowering healing, strengthening, and

enriching the parent child relationship through all phases of life. Listen to the wisdom shared from those that we interviewed.

tinyurl.com/Deeper-Connection

For this time of year, I especially recommend Episode 4 with Justin Okamoto. He shared with us how he supported his parents in creating a time of gratitude and appreciation to each of the children at Thanksgiving. You will find this part of the interview around 20 minutes into the episode.

tinyurl.com/Justin-Okamoto

For more suggestions about gratitude practices:

www.coachmyrna.org/blog/gratitude-challenge

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations

www.coachmyrna.org/create-connection.html

