



MONDAYS

with Mike

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Finding gratitude when we are overwhelmed

In their book, 1000+ Little Things Happy Successful People Do Differently, Marc and Angel Chernoff share the following as a way to find gratitude when we are overwhelmed:

Have you ever noticed how the more familiar you become with an amazing situation or relationship in your life, the more you seem to take it for granted – and even feel annoyed or overwhelmed in busy and stressful times? Challenge yourself to flip your perspective in these moments, using a simple reframing tool we call “... **and I love it!**”

Add this phrase to any overwhelming thought:

I need to go grocery shopping, and pay the bills, and pick the kids up from school in an hour . . . and I love it!

My inbox is filled with two dozen client e-mails that need a response today . . . and I love it!

Let this little reframing tool give you the perspective you need. Because, again, the everyday things that overwhelm us are often blessings in disguise.

Have a great start to your week . . . and LOVE it!