

The during this month of November, all of us will be giving thanks on Thanksgiving Day. We will have the opportunity to reflect on our lives and how well we have lived them. This season can also be a time to contemplate our hopes for the future as well. As I was thinking about all of this, and what I would write about in my thoughts for our meeting today, I came across a quote. The origins of the quote are unknown, but I thought I would like to share it with you and reflect on some of the ideas it triggered in my mind. The quote goes as follows:

Be Kind
Be Thoughtful
Be Genuine
but most of all
Be Thankful

The act of being kind can be shown in many ways in my mind.

We are kind when we put ourselves in others shoes and consider their points of view.

We are kind when we think of each individual and do not act selfishly.

We are kind when we try to do the right thing. People remember those who treat them with kindness.

I feel being thoughtful can be shown in many ways as well.

We are thoughtful when we take care of ourselves so we are able to connect positively with others.

We are thoughtful when we do small things for those who we come in contact with, like opening a door or giving a smile to a cashier.

We are thoughtful when we treat those around us in the same manner that we want to be treated. The old Golden Rule should still apply in our lives today.

The need to be genuine I feel is important in our lives too.

We are being genuine when we are true to ourselves and are certain of our own self values, that way we are less likely to be swayed by others opinions.

We are being genuine when we accept our own strengths and own up to our weaknesses.

We are genuine when we accept responsibilities for our actions that may have both positive negative results.

We are genuine when we don't lie, but at the same time we shouldn't always speak the truth if that truth maybe unkind or hurtful to someone.

Being thankful helps us improve the quality of our lives

We are thankful when we experience good times and events.

We are thankful when things are going well, but we also need to be thankful when things are going poorly. Being thankful can redirect negative emotions by shifting our thoughts to more positive ones. Being thankful helps us develop a resilient positive attitude that will help us deal with adversity that some time occurs in different periods of our life time.

This simple quotation:

Be Kind

Be Thoughtful

Be Genuine

but most of all

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Is only 12 words long, but these simple words can go along way in determining the level of happiness in our lives and in the lives of those around us. They are important words as we continue on our combined journey “Stepping into the Future” together as the California State Executive Board.

Valley Executive Board Meeting 11/03-04/2023

Reconvening Thought:

Here we are again together this afternoon after a wonderful morning with our Valley sisters. We enjoyed the informative program that works hard to provide positive opportunities for students in the area helping them become successful adults. It was wonderful to see so many of our old friends and meet new ones. As we get back to work this afternoon let us remember the quote I gave yesterday and continue to make its message part of our lives.

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Closing Thought:

With Thanksgiving just a few weeks away I would like to share some gratitude cards with you . (Pass out cards for discussion around the group),