

# Awareness

I've been sick the last few days, and it reminds me (rather forcefully) that most of us don't really miss things until they're gone -- like good health, for example.

The list of things we take for granted is long and distinguished. We usually don't notice youth and vigor, until they aren't there anymore. We typically don't appreciate a job, until we lose it. In my own case, I took the hair on the top of my head for granted -- until there wasn't much of it there anymore.

What it all boils down to is a lack of awareness -- most of us are largely unaware of the great opportunities we have, until those opportunities vanish before our eyes.

Developing awareness takes a little bit of work -- but a good amount of developing awareness just boils down to being thankful for what good things we have in our lives.

I realize this is the kind of piece I would normally write in November, when the United States celebrates Thanksgiving. But even though it's February, let's take a few minutes to develop gratitude for the good things that come our way -- and express that gratitude to those people who mean the most to us.

By concentrating on showing gratitude for the good things in our lives, we suddenly start to realize other opportunities in our path. We learn to see things we haven't seen before, understand the people who are around us more. As we develop more understanding of others, we soon expand our vision of our circumstances -- we see opportunities that would earlier have eluded us.

Plus, developing awareness and gratitude helps us live a more positive life. We notice the greatness in the world around us -- and that helps us notice the potential greatness in ourselves.

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