

*the power cannot be understated*

When I was seeing a counselor many years ago, she made a comment that to this day still rings in my ears and heart. She said that every time someone complements me, I respond with a joke, put down or sarcastic remark. She continued by suggesting that I had trouble accepting compliments from people who care about me and encouraged me to refrain from my jokes and just look at the person and say thank you.

Well I tried to blow off her comments. After all, she didn't really know me that well and didn't understand how quick wit and funny I can be, right?. {see how easy that is! I'm an expert at making wisecracks like that. Why I take pride in having such a wonderful sense of humor. I'm so good at this stuff!}

Of course, today I am happy to say that she was absolutely right. And I don't mind telling you how hard it was to break myself of this annoying little habit. I now understand the agony one goes through when they try to stop their bad habits.

Every time someone would complement me, I felt like a Tom and Jerry cartoon. I was Tom standing there shaking, with frustration building up inside like a balloon filling up with air. I would turn beet red with steam bellowing out of my ears. My jaws would be locked tight as my conscience surrounded my tongue and held it back from taking its' natural journey. After a painful moment of pause, I would calmly look at the person and say thank you, excuse myself, run to the nearest restroom, scream bloody murder and pound my head on the wall over the missed opportunity of having the perfect comeback right at the tip of my tongue.

Thankfully it has become a lot easier through the years. I still catch myself from time to time, but I truly have learned the wonderful power we have behind a friendly smile and a simple thank you.

There is no doubt in my mind that the two most powerful words in the human spirit are Thank You. I'm not a brain surgeon, but I will suggest that 'Thank You' are the two words you must have in your heart if you want to make love work.

Having trouble with your relationship with God? Well maybe if you stopped praying

to God with a laundry list of things for Him to fix, you could spend your prayers simply thanking Him for all that you have. Try going for a month not asking God for anything – just Thank Him – and see how you feel at the end of the month.

Want to be a better parent? Parents are very good at pointing out what the kids do wrong, and that's okay. They do have to learn. But if you want to be a great parent, you better be quicker to say thank you when they do those things right! Children need to hear 'thank you' – and often.

Want to be a better employer? Maybe instead of more memos and policies you could simply go around each morning and say thank you to your employees. I guarantee you that employee job satisfaction is not centered on how much you pay them nearly as much as how often you thank them. Employees need to feel appreciated.

A legendary football coach was asked what he thought the most important part of coaching was. He didn't have to think about his answer.

"It's important to me that after every game, I go around the locker room, shake each players hand and say 'thank you'. I don't want to talk about the game. We can deal with that at practice tomorrow. After two hours of battle, it is important to me that my players know I appreciate their efforts. I just say thank you and that's what gets them to practice the next day, win or lose."

Thanksgiving is not about Turkeys, football games, parades and Christmas shopping. It's a time for us to reflect on how thankful we are. It's a time to consider how often we say thank you to those we love – and those we may not. It's a time to appreciate the two most powerful words of the human spirit.

It's fun, once you get the hang of it. It's also addictive. Here, I'll get it started.

Thank you for reading my story. I appreciate it.

Just A Thought