5 Reasons To Be Grateful on Thanksgiving

Thanksgiving is all about giving thanks, but you might be having a hard time figuring out what to be thankful for. Here are some good reasons to be grateful this year on Thanksgiving.

**1. Family and Friends Are Together**

This is a wonderful reason to be thankful on Thanksgiving! You are able to spend more time with your loved ones on this joyous occasion. Take a few minutes to be appreciative of the fact that your relatives and friends are able to get together and have a holiday meal and share your thanks with everyone at the table. Regardless of how many people you spend Thanksgiving with, it is a lovely blessing to have these people in your life.

**2. Food and Blessings**

You should also take a minute to be thankful for all the blessings you have, such as the food that is being served at the holiday meal. Whether you brought a dish yourself, cooked the entire meal, or arrived at a relative’s house for Thanksgiving, having food and nourishment on Thanksgiving is another blessing to be thankful for. Not everyone has a meal on Thanksgiving, so definitely appreciate the fact that you do.

**3. Your Health**

Also be thankful for your health and the health of your loved ones for Thanksgiving. This is a good time to think about the health of others, and send blessings to relatives or friends who might be suffering from an illness or serious disease.

**4. Your Job or Career**

There is nothing wrong with thinking of things you are thankful that are a little more personal to your own situation. When talking about what you are thankful for, by all means mention that you are thankful for your career or that you have a job. This is another thing not everyone has, and no matter what type of job you have, it is good to have a way to earn a living and be able to support yourself and your family.

**5. Other Personal Things**

Try to think of other personal blessings in your life that have brought joy or humor to your days. This might be the birth of your child, a new vehicle that helps get you to work or drive the kids to school, or being able to take a vacation this year thanks to a bonus you received at work. Personal achievements are another thing to be thankful for.