

## From the Desk of Jeff Banning ~



### How To Be Thankful For Your Life By Changing Just One Word.

This is an article we passed along a couple of years ago, but oh how it resonates in today's world. Everyone stay strong! Stay positive! Stay encouraged! Most importantly, Stay healthy!

It is amazing what changing one word in a statement, changing how you might approach your life or just rethinking what you are really doing with your life can make such a significant difference in your attitude and the results of your thoughts and actions. Please read on – you won't be disappointed!!

### How to Be Thankful For Your Life by Changing Just One Word

*By: James Clear | Life Lessons*

My college strength and conditioning coach, Mark Watts, taught me an important lesson about how to be thankful that applies to life outside of the gym as well as inside it . . .

As adults, we spend a lot of time talking about all of things that we have to do.

You have to wake up early for work. You have to make another sales call for your business. You have to work out today. You have to write an article. You have to make dinner for your family. You have to go to your son's game.

Now, imagine changing just one word in the sentence above.

**You don't "have" to. You "get" to.**

You get to wake up early for work. You get to make another sales call for your business. You get to work out today. You get to write an article. You get to make dinner for your family. You get to go to your son's game.

I think it's important to remind yourself that the things you do each day are not burdens, they are opportunities. So often, the things we view as work are actually the reward.

[Embrace your constraints.](#) [Fall in love with boredom.](#) [Do the work.](#)

You don't have to. You get to.