

Sam's Corner

“The Attitude of Gratitude”

I was driving in Atlanta rush hour traffic this morning and needed to make a right turn into heavy traffic. I signaled and waited. One car passed, and two more went by as I nudged forward a little to indicate my need. A large truck slowed and motioned me into the traffic. I waved to indicate my gratitude and he waved back. It was a simple moment I hope was repeated many times in Atlanta traffic this morning. It is easy to be skeptical of my optimistic hope for humanity. However, I believe that people generally do want to help other people when help is needed and requested. I also believe that people like to be acknowledged and know their help is appreciated.

November begins with the Christian celebration of All Saints Day when we remember and appreciate those who have gone on before us. Next, we honor Veterans Day to thank those and their families who have served, and the many who have given the ultimate gift of life, with all the hopes and dreams life offers. November ends with the celebration of Thanksgiving Day to give thanks especially for food, friends and family. It is certainly a month when we should all enjoy an “attitude of gratitude.” In fact, I believe it would be different world if we had a lot more “attitudes of gratitude” all year, instead of one month.

It is frequently said that we should not expect something in return for our acts of kindness and generosity. However, I believe we are often disappointed when our good deeds are not acknowledged. I believe this is how our brains are created, and there is really nothing wrong with needing to be appreciated. An “attitude of gratitude” is one that seeks to connect with others to create a feeling of care and appreciation. The result is a positive experience of feeling we are not alone, and we do care for one another.