

## Gratitude is the Attitude

When you are dealing with a chronic health problem, like diabetes or other blood sugar issues, or weight problems, it's easy to lose focus on the bigger picture of your overall life.

Each day is a gift.

Each family member is a gift.

Each friend is a gift.

Who are some people you feel grateful for? Please take a moment, *right now while you are thinking about it*, to reach out and let them know this.

Tell this special person at least 1 specific reason why you are grateful they are in your life. Make sure your voice is heard. It is easy to focus on negative stuff.

People may not remember every little detail of what you've done, or what they've done, along the way.

**But people do remember how you made them *feel*.**

That's the bottom line.

If you feel so moved, please share this moment of gratitude in our private Facebook Group that goes along with this Challenge.

See you there!

**21DayBloodSugarChallenge.com**

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