

June's Challenge

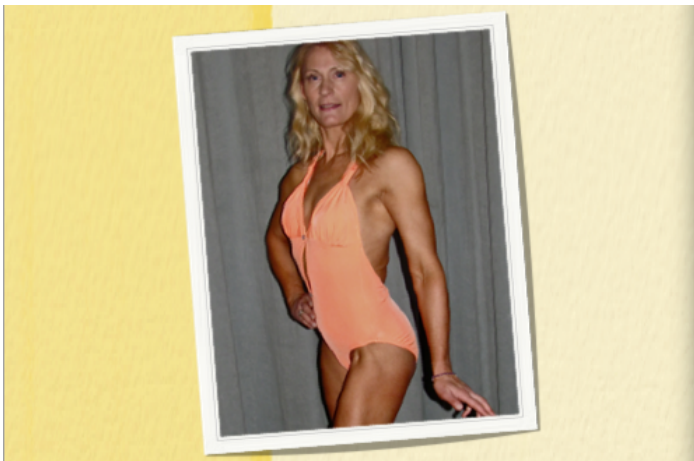
Alaska Strength & Muscle

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Love Yourself - An Attitude of Gratitude

If we do not feel grateful for what we already have, what makes us think we'd be happy with more? - Good question.

Let's take a month to personally reflect on traits, habits, and qualities that bring us personal pride. 30 days to take stock of personal blessings. No self-trash talk. 30 days off, of my personal guilty pleasure, poor me pity parties, with a guest list of one. I'm laughing and getting excited at the same time.



Tradition is a personal quality that is a source of pride. It will provide the framework for identifying what I am already grateful for this month. I rang in June 1st with two favorite Sunday traditions - one being a walk with a best 4-legged pal to pick up the Sunday paper.

Although my pets have changed along with the news, both have been a part of my life since my first memories. I always had a family pet. In fact there are only 2 years in my life that I have not had an animal family member or two. The happiness animals add into my life is beyond what I can adequately write. When I was a kid I wanted to be a vet. I have had dogs, bunnies, frogs, turtles, cats, birds, bugs, chickens and fish over the years. Presently I have 3 big dogs that are ecstatic to greet each new day with me. They bring a bounty of love into my home and will get me outside every day this month 'for my walk' no matter the weather.

Another tradition, I have wonderful memories of, is spreading out the Sunday paper for news, events, and coupons. Whether it's Minnesota, Washington, New Hampshire, or various towns in Alaska - all places I have lived, it has been a constant and affordable reading source for me. When I first moved out on my own I felt like a 'grown-up' getting the paper. My mom had trained me well in the art of coupon cutting. As a young mother the paper told me about all the free things I could do with my son during the week. It gave me something to read at the park daily while Jacob played, while it also provided weekends worth of garage selling opportunities. Now my hubby and I do the crossword

puzzles to stay sharp and I still enjoy keeping up with community happenings.



Thankfulness begets more thankfulness. So on an epic note, I am thankful that I can READ and have come to a time in my life where it is a pleasurable activity! I NEVER READ when I was a kid, I just couldn't sit still. The paper can be perfect for a highly distractible reader. I am further thankful to have lived in many places, traveled to even more, and on top of that I've had animal companionship most of my life. I am thankful for Sundays and the connection to family, faith, and renewal it brings for a new week. Wow this snowball is picking up speed fast!

BOOM - Personal Pride - Pass it on!!!! It's a great build up to July where we celebrate freedom and independence as a country.



Reach for the stars – take charge of your life (no one else will), and enjoy the month. Follow me on FB (<https://www.facebook.com/mel.joeredington>) for daily inspiration and the June 100-mile challenge.