

## Three Simple Words

I recently learned how three simple words could change my attitude from a negative one to a pleasant and thankful one.

For example, the children are playing quietly and I'm enjoying a book. I look at the clock and sigh, "I guess I have to start dinner now." Or I may be in the middle of organizing my kitchen when I remember that I have to take my daughter for her violin lesson. Or while working on a fun project, I know I have to finish balancing my check book or I'll get stressed out.

Now replace "I have to" with "I get to" and see what happens.

*I get to cook dinner for my family now. How blessed I am that I'm in charge of what they eat. I get to feed them with nutritious and delicious food.*

*My daughter is talented and I get to take her to her class. How blessed we are that I'm at home with her and when she needs me to drive her anywhere, I get to do it.*

*Not everyone has a checkbook. I get to balance mine! My husband has given me free rein of it and I get to balance it. How blessed I am.*

Try it! Just three simple words, and you will find yourself counting your blessings instead of grumbling when you face a task that you rather not be doing at that moment.