

Appreciation

November 2025 Newsletter

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JOY OF LIVING

There are so many wonderful moments in our day that pass by without our giving pause to appreciate them. When our health is good, we push ourselves to be fitter; when our relationships are going well, we focus on our career or the next thing to worry about. By giving our attention to what we need to do or solve or sort out, our life is passing by without taking time to appreciate all that we have.

This is as true in our work place as in our private lives. If you really take stock of what is going well in your life you will have an immediate sense of well-being. It may not be perfect but you can appreciate it nonetheless.

“It is not joy that makes us grateful; it is gratitude that makes us joyful.” Anon

Here are four little things you



Appreciating life involves being present in the moment and being aware of the many simple pleasures that are there to enjoy every day.

Appreciation is not about being falsely positive but by acknowledging what is going well alongside your challenges. When we feel drained and tired it can be a sign that we are not feeling appreciated by others.

can in November to create joy in your life:

- See the good in every situation. Pay attention to the present moment.**
- Take time to watch the sunrise and the sunset.**
- Acknowledge all the little things that have fallen into place for you.**
- Appreciate others and all they do.**



This month the theme is all about appreciation. However, as we battle our way through the day it may feel like we are not being valued and appreciated by ourselves or others. In the absence of our efforts being acknowledged we may start to question our worth and this can have a negative impact on our motivation and happiness.

Our focus may be so fixed on solving future problems or on dealing with our inner struggles that we have very little attention available for the present moment. Try to find moments in everyday to appreciate your efforts and those of other's too.

Marie on 050 1087592
marie@mariewellnessclinic.com