

Practicing Thanksgiving Out Loud

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Sometimes the Holidays have a tendency to be more external than internal—more busy and superficial than about our hearts and relationships. Of all the Holidays, **I think our best chance to get it right is Thanksgiving.**

Here are my “Top 5” ways to practice Thanksgiving out-loud in your relationships.

1. **Acknowledge** them. This means commenting on their character: the core that has helped them to create a life you admire. Call, write a note or just look them in the eye and tell them how cool you think they are.
2. **Celebrate wins and milestones.** This is where the toasts and the high-fives come in. (It’s possible to do this on the phone.)
3. **Appreciate** their effort and thoughtfulness. The more specific the better.
4. **Believe and expect that these people have gifts for you. They do.** Think about what you would look like if you walked in the door on Thanksgiving looking like you expected that.
5. **And if you’re a person of faith,** take yourself on a walk. And as you breathe in the crisp fall air, thank God for being an affectionate, challenging, creative and steady companion.

Now, since I’m a coach and always interested in action, I challenge you to be ready to take the risk of trying one of these when the moment comes. I guarantee it will—you will recognize it when it does.