

A Deep Dive into Gratitude

'Sometimes, what we need the most, is some quiet space and a new perspective'
- Ellen Watts

I sit, staring into my coffee, feeling unsupported, let-down, weary.

I decide to change, because this 'pity party' is a thought and a thought can be changed. So I begin my descent into gratitude, starting with what's right in front of me - 'I'm grateful for this coffee; grateful to the server who brought it to me and the barista who made it for me'.

I dive deeper still - 'I'm grateful to the person who first discovered coffee and that roasting & grinding it makes it taste so good. I'm thankful that I wasn't the one who had to grow this coffee plant, tend it, protect it, harvest it'.

I visualise all the people, working long hours in many conditions to roast it, sort it, bag it, pack it in huge containers and drive it to the docks. The pilot who flew the plane, the attendants, the drivers who transported it to the stores, the café owner who bought the coffee and trained her staff. And I realise just how many people have served me, to bring me this one cup of coffee and allow me this moment of rest. 'Thank you all.'

I feel deeply supported, up-lifted, inspired.

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