

An Excerpt from "Waiting for Heaven: Finding Beauty in the Pain and the Struggle"

## Chapter 18 Being Thankful

Choosing to be thankful in difficult circumstances and trials seems unattainable, even impossible. Believing in the possibility of thankfulness in every situation can truly unlock the fullness of life. Thankfulness opens our hearts and eyes to seeing the beauty in things despite tragedy. This is one of the biggest lessons I have learned. Even in my life's struggles and troubles, choosing differently regardless of the outcome is a new way for me. I can slip into the mindset of frustration when things don't go the way I planned.