



Saying Thankfuls

M.W. Story 4

April 20, 2017

Lori Egbers



Mom of 3 kids 5 and under with a passion of helping people tell their story.

THANKFULS: My computer doesn't recognize it as a word because, well, technically it isn't one. However, everyone in our family knows exactly what it means. Funny how a non-word can carry so much meaning. Just over a year ago, our family started a dinnertime tradition of going around the table and saying "things that we are thankful for from the day." We call this ritual "Saying our Thankfuls." After our turn, we say "Amen" and everyone knocks twice on the table to say, "Thanks for sharing!" We don't have a lot of traditions but this one resonates with all of us and has stuck. In this season of constant change, I'm realizing how important it is to have some source of consistency at the end of the day no matter how the day unfolds. Saying thankfuls gives us an opportunity to connect and is often the catalyst to sharing our daily stories or "personal wins". On days when we have a casual dinner, we say them at bedtime. It's cute because Isla (5) and Jogi (3) often make up thankfuls for Tommy (5-months-old). Many heart-warming and hilarious moments have stemmed from this ritual. I cling to those memories on tough days. Sometimes my husband and I forget to start Thankfuls, but more often than not, Isla or Jogi will remember and start saying them unprompted. We've learned that no matter how challenging the day might be, we can ALWAYS find a reason to be thankful.