

DO YOU EVER TAKE YOUR LIFE FOR GRANTED?

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For the umpteenth time since the last few months, I arrived late last Saturday at a family dinner. The disappointment on my hosts' faces was poignant, especially since the wife of my grandfather had spent a few hours cooking a delicious meal.

There was a time where I was known for my great punctuality. Of course, I now have more occupations than I use to, I do not have a car and I know that arriving late will not cause any serious harm to anyone. Nevertheless, I knew there was something fishy on Saturday and that part of me resisted seeing it. After that my boyfriend and I talked about the situation on our way home, it turned out that what I thought was a simple bad habit was probably not one.

The truth is that I sometimes take the people around me for granted. This revelation shook my little world, you guessed it! To realize that we take our spouse, parents, health or job for granted offers a great potential for personal and even professional growth. Taking someone or something for granted usually means that we consider this person or thing to remain or always be available to us.

Taking something for granted may originate from the fact that we become absorbed by our routine. We no longer see our daily life as something magical. Every moment is diluted in the previous one and in the one that follows. We no longer live the moments to their full potential. The gifts of life, yet so precious, suddenly appear to us as something ordinary.

The love of our relatives and friends, our job that allows us to get a roof above our head, feed us and entertain us as well as our bodies that make us do marvels become commonplace. However, nothing in life is static. Most people know it rationally but simply forget about it.

I suggest you do a quick 360 degrees of your life: your relationships, your work, your health, your appearance, your customers, etc. Then sincerely ask yourself whether you happen to take for granted certain aspects of your daily life. The important thing here is not to belittle yourself but rather to put light on a part of you that you have perhaps not yet encountered. It is in meeting all the parts of you, the ones you like and dislike, that you will become a complete person with the full capacity to lead the life you have always dreamed about.

On my side, this exercise made me realize that the opposite of taking things for granted is to nourish them with gratitude. Despite that there a myriad of examples, here are some suggestions to spice up your life: support your interest in your job by researching what is done abroad in your field of work; rediscover

the places where you spend most of your time by redecorating a room in your home or your workspace; inject passion in your love relationship by creating small souvenirs (leave a note under the pillow of your beloved one, make an erotic call to your spouse or massage your partner while watching TV); take the time to listen to your parents even though the events of their daily life appear unexciting to you; go to the hairdresser to get advise on a new haircut; try a new activity with a friend; cook a new healthy dish that will make your body scream "Thank You!"; call if you plan to be late for a meeting or an evening out, etc. The possibilities are endless and are often free. Be creative and do not sink into the routine. You deserve better.