

Thank You Hashem - Recognizing the Good

Posted by 138eagle - 25 Feb 2025 21:51

The days move on, my difficulties did not end.

Yesterday again I had a hard day, I felt myself down again. I realize that I need to focus on the ??? that is in my life, and to thank ???"?" for all of it, this will be the only way that I can move forward.

Often on these forums there is a focus on what is bothering us, and that is very important. But we need to also focus on the triumphs of life.

So as I was talking to a friend from here, I challenged him that we will be in contact each day to focus on something to thank ???"?" for each day. This will give us the strength to continue life.

So here it is, the Thank You Hashem Thread.

I will bl"n post here a good point of my life each day, and I invite and challenge you all to join me as I embark on this journey of focusing on the good that I have.

(this is not in any way to minimize anyone's difficulties and challenges, including my own this is hopefully a way to deal with them)

Some points, as I begin on how I would like this to look.

1. Aim for one month of every day.
2. Thank ???"?" in detail.
3. It should not be repetitive. Do not repeat the same thing for at least 10 days.

Join us! Recognize the good in our lives!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 18 Mar 2025 21:57

Day 22

Thank You "???" for my health.

There is someone in my neighborhood who needs a great "?????" and I heard about other people that are 'all of a sudden' not well. There is a lot to be thankful for here.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 18 Mar 2025 21:57

Day 23

Thank you "???" for the "??" to get up in the morning.

Even when I feel that I do not want to face my day, above and beyond the physical tiredness, I somehow find the "??" to get up and out of bed to begin, sometimes feels like I've climbed a mountain.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 20 Mar 2025 21:09

Day 24

Thank you ????" for the nice weather (this was from Wednesday)

This was a bit too generic for my feeling, so as I was Davening Mincha I felt immense gratitude to ????" for my daughter's schools.

This past 2 years I went through a whirlwind with some of my daughters and having one of them out of school for a few weeks and then needing to enroll my younger daughter in a new school with all the uncertainties that this entails.

Now ??? things have worked out and the new school is quickly becoming a great sought after school in the community.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 24 Mar 2025 21:11

Day 25 and Day 26

I unfortunately did not write down what I had in mind to thank ????" for, and I do not have access at home and I was away on Friday. So I do not remember what I thanked ????" for on Thursday and Friday.

However I do remember that I had something in mind....

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 24 Mar 2025 21:12

Day 27 (Shabbos)

Thank you "???" for showing me that you are taking care of my "????".

Without going into details, I recently I got a sign that I have other options and opportunities for "????" and this is a great feeling that "???" is watching over me.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 24 Mar 2025 21:15

Day 28 (Sunday)

Thank you "???" for my wife.

Although we struggle at times to keep the peace, she really is a good person.

I see now that this is a repeat of something from a week ago.

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Re: Thank You Hashem - Recognizing the Good
Posted by odyossefchai - 25 Mar 2025 13:19

You are becoming an 'ashir'

That famous mishna about being Sameach bechelko!

It means not just to count what we have but to enjoy and be happy with what we have. True wealth is to enjoy the pleasures of God. There are people with fat bank accounts that we may be jealous of but they probably have 99% of the issues that we have.

The happiness comes from looking at what we have and actually enjoying it. Ever go on a trip with a grump? They spend the whole time complaining about the weather/traffic/too squished etc, they never take the time to enjoy it. But other people on the same trip will have an amazing experience.

.and since this world is all about working and growing, someone who puts effort into enjoying the good in his life, is truly a believer in chazal that a genuinely rich person, enjoys the gifts he has been bestowed with. As Harav Eagle is doing, pointing out and focusing on the good in his life.

May you always continue to enjoy the wealth God has given you!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 25 Mar 2025 17:56

Day 29 (Monday)

Thank you ????"? for the ability to smile through adversity.

I had a good feeling about myself a few times and I even smiled a few times. Then when I woke up today, I felt empowered by yesterday's smiles to continue moving along in life.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 25 Mar 2025 22:12

Day 30

I have a weekly seder with one of the Rabanim in my neighborhood. Recently we started learning some Inyanei Bitachon.

I am far from where I need to be in this area. But I see how I can really live through my difficulties with true Bitachon.

Thank you ????" for Bitachon and for the ability to learn about it and work on growing in this area.

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 26 Mar 2025 20:20

Day 31

I actually had a few days of feeling fulfilled at work and feeling that I am not stuck and I got things done.

Thank you ????" for this!

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Re: Thank You Hashem - Recognizing the Good
Posted by cleanmendy - 26 Mar 2025 21:34

You don't get enough credit for this thread. This is the way to live!!

Thanks for the chizuk!

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Re: Thank You Hashem - Recognizing the Good
Posted by 138eagle - 28 Mar 2025 17:28

Day 32

Thank you ????" for good friends and Mentors.

I was having a hard time with some things for a few days. (No shortage of those) and I reached out to a friend/mentor (not from here) and we worked through my thoughts and he gave some advice and I felt better.

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