

I'm grateful for each day and all my lessons learned.



# Gratitude vs. Attitude

I was sitting with a friend having a quiet conversation over a cup of coffee. We were discussing how our children behaved so differently from today's generation. Not better. Not worse. Just different. We went on to discuss how, in our mid twenties, the primary focus of our generation was getting married and starting a family and our secondary focus was getting our careers started. My friend also shared with me that she had woken up that very morning thinking — "I'm gratitude...not attitude."

For me and many of my girlfriends, our twenties were the time when it was all about setting up house, preparing home-cooked meals and sewing for our children. Personally, having a young family of three energetic sons in the early 70's (three and two years apart) kept me going from sunrise to very late at night. As they are for all parents, the baby years were exhausting. The boys' primary school years gave me a bit more time to spend with my youngest son and create a breathing space to think about my personal goals.

My friend's comment about "gratitude vs. attitude" echoed in my head for a few days... it sparked thoughts of how deeply grateful I was to have had the opportunity to stay home with my boys and see them run and play and learn from each other. They say the first three years of a child's life are just about the most impressionable and are the peak learning stage. (Apparently there's another physical/emotional/intellectual growth spurt when one just enters pubescence.) When the boys came home from school I encouraged them to sit with me at the end of the day and tell me what they had learned each day ...or what was something exciting or funny that happened? We were building on positive experiences. Each one of them wanted to go first and tell their own experience. Because there were four of us, it was

agreed that each brother would have one day of the week to share their story first. Eagerly, on Monday the eldest told us his stories... Tuesday the middle son shared his... Wednesday the youngest gushed with his news... and Thursday was my turn. On Fridays we would listen to everyone in reverse. Sitting with all three of my boys late in the afternoon was a special time of the day for all of us.

Much like writing the feature article for Women with Vision Magazine I am grateful to share the insightful and true life stories of the amazing women I meet. As with my children's adventures, I learn many things about each woman and their personal life journey because I truly listen and then respond.

In this issue I invite you to read my feature article about Kara Zakrzewski's dream to be part of the 2012 Olympics and to take note of our Women with Vision Making a Difference article about Joanne Davison... an inspirational cancer survivor who created a career to help other cancer patients. In each article you'll experience the gratitude vs. attitude that both women experienced. Their attitude towards life turned from one of challenge to one of gratitude.

Spring is a time for new beginnings, new growth and new goals. I'm grateful for each day and all my lessons learned. Keeping this in mind, my spring goal is to focus much more deeply on gratitude for what I have and to continually keep a positive attitude.

Lorraine Leslie  
Founder/Publisher

Nominated for RBC Canadian Woman ENTREPRENEUR Awards **2005, 2006 & 2009**

*The feature women about whom I write, have traveled a long, winding road to success – each woman on her own journey; a journey that sometimes hasn't been smooth. These women open their hearts to inspire and motivate other women, of all ages, to follow their dreams and passions...*