



## TOPS Newsletter

### Be Thankful NOVEMBER 2011

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#### Show an attitude of gratitude !

"Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties."

*--Sara Ban Breathnach*

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

*--Melody Beattie*

Patricia M. Amborn, M.S.M., educator, wellness author, and motivational expert for TOPS offers these steps to achieving an Attitude of Gratitude:

- Start each day by reflecting on your blessings and visualize them.
- Carry a notebook and write down the things you are grateful for and review that list several times a day.
- Listen to your words and thoughts, paying attention to the amount of complaining you may do. Make a positive effort to stop complaining and a deliberate attempt to, instead, focus on your blessings.
- Identify how adversity or difficulty in your life resulted in a blessing.
- Compliment others daily.
- Think of others you can help by donating your time or resources on a regular basis.
- Read your favorite quotes that remind you of how fortunate you are.
- Ask others what they are grateful for.
- End your day by counting your blessings.
- Check your progress throughout the day and focus on your gratefulness to boost your energy.
- Practice forgiveness.

According to Amborn, the main focus of an Attitude of Gratitude is the understanding that every day is a gift. "The attitude can be achieved when one pursues what matters most – a quality life."

"Every experience we have molds us," she said. "Choices come with consequences. But we have control over how those consequences affect us and who we become."

**tOPS is where it's at ! Attend Chapter Meetings !**

I have visited most of your chapters and will finish chapter visits on November 5, so you all have the tools needed that were presented in the "Super Food" presentation to make healthy choices for the upcoming holidays! Remember your TOPS Pledge when making choices at the grocery store and planning your meals. We are all on the "Road To Success" together!

## **IMPORTANT NOTICE !!!** area captain holiday challenge !

Exercise is so important on our "Road To Success" so I challenge every chapter in my area to participate in an exercise challenge from November 16 until December 16. Keep track of the miles you walk for that one month. Let's see how many miles our area can tally up in a 1 month period. We will culminate this challenge with a TOPS Walk in your local area, wear your TOPS logo items and show off what TOPS is all about! Let's show people that TOPS is here and we are moving! Invite the news media to come and take pictures or take photos yourself and send an article to your local newspaper! Grand Island Chapters will walk in a "**TOPS Conestoga Mall Walk**" on **December 17**. I would like each of the other areas to let me know where you will have your walk, or come join in the walk in Grand Island and finish up your Christmas shopping after the walk. I would like each leader to send me a note or an e-mail midway on how many miles your chapter has walked by November 30<sup>th</sup>. (If you are unable to walk, find an alternate form of exercise that works for you, just let me know what you did) If you have any questions let me know!

## **STATE RECOGNITION DAYS**

Check [www.tops123.com](http://www.tops123.com) for NEBRASKA TOPS information. SRD 2012 will be here before you know it, SRD isn't a success without all of you! If you weren't able to attend this year make sure you start planning now to join us next year, you won't be disappointed! By planning ahead and setting up an SRD fund to raise money throughout the year you can easily afford to bring your whole chapter to celebrate with the rest of the Nebraska TOPS members at State Recognition

**TOPS TO KOPS**



**One Step At A Time**

**NE SRD 2012**

April 20 - 21

Ramada Inn, Kearney, NE

**TOPS HUGS,  
Deloris**