Make Room for Gratitude

A five-minute reflection on the people, places, and traditions that enrich our lives

A gift from Michael Shoultz and Spirit Rising Coaching

“The greatest gift we bring is the room we make for one another.”

Make room for gratitude.

There is something about gathering around a table that invites us to remember what matters. Perhaps it is a familiar recipe, a story we have heard a hundred times, or the comfort of being with people who know us.

Sometimes it is the presence of someone new. Sometimes it is the quiet awareness of someone who is no longer there.

As Thanksgiving approaches, we often think about gratitude as something we express. But what if gratitude also asks us to notice the room others have made for us—and the room we might make for them?

This reflection is an invitation to appreciate the people, places, and traditions that have enriched your life, and to consider one small way of passing that gift along.

Before You Begin

Take one slow breath. Allow yourself to arrive. Bring to mind someone whose presence has made your life a little richer.

You do not have to explain why just yet. Simply notice what comes to mind: a person, a place, a gathering, a feeling.

QUESTION ONE

Who has made room for you?

Think of someone who listened, welcomed you, believed in you, or simply made you feel that you mattered. What did they do, and what did it make possible for you?

QUESTION TWO

What traditions hold meaning for you?

Consider a meal, holiday, gathering, ritual, or ordinary shared moment. Which parts bring you a sense of connection? Have those traditions changed over time?

QUESTION THREE

What ordinary gifts do you sometimes overlook?

Think about familiar people, places, and small moments that quietly make your days richer. What might you appreciate more fully if you paused long enough to notice?

QUESTION FOUR

Who might appreciate a little more room?

Think of someone who may be new, lonely, overlooked, or simply in need of being heard. What would it look like to make room for them without trying to change or fix anything?

QUESTION FIVE

How might you express your gratitude?

Choose one small gesture that feels genuine: a call, a note, an invitation, a conversation, or a moment of undivided attention. What would you like to do?

A FIVE-MINUTE PRACTICE

The Make Room Practice

During the next few days, choose one person who has helped make your life richer. Take a moment to tell them something specific you appreciate about them.

Then look for one small opportunity to make room for someone else. Listen a little longer. Invite someone in. Offer your full attention.

There is no need to make it grand. Let gratitude become a simple act of care.

Gratitude does not have to be reserved for a holiday, a gathering, or a particularly good day.

Sometimes it begins when we notice something we have been taking for granted. Sometimes it becomes most meaningful when we turn appreciation into an act of care.

As you move through November, notice the people who make your life richer—and the opportunities you have to do the same for someone else.

Make room for gratitude. Make room for one another.

— Michael