



## Returning Home from Gratitude: Day 8 – Friday, August 6

*Travel day, a day of reflection with a first-class state-of-mind: Gratitude for what you have had in your life this week, and for all that you have come across along the way.*

I heard from one Traveling to Gratitude participant who wondered if there was any possibility of getting an upgrade to first class. First, I hooted. Then out of the blue – coming from someplace other than my head – the words, “First class is a state of mind. It’s yours for the taking,” came tapping out of my fingers and onto my keyboard.

Wow, that’s pretty good I thought, knowing I couldn’t take the credit for it. It’s not really how I think, for one. Positivity doesn’t just naturally flow through my veins. I have to work for it. But once this bit of wisdom fell out of the sky and onto my head, it immediately brought to mind the time my then husband and I were flying somewhere, both of us back in coach. Out of the blue (again), a flight attendant appeared in our row and informed my husband that he’d been upgrade to first class on account of all the travel he had accrued through work. He had reached some level of gold or platinum or diamond status and was now a person of very high value. He exulted over his turn of fortune and was just about to pack off for first class when something stopped him and he turned to me and said, “Oh, you should take it.”

There was something about how in a blink of an eye our status had changed that did me in. We were now no longer of the same ilk. His value had gone up and I was no longer of his world. (Clearly having a very insecure day.) How this story ends is that I refused to go. I required that he go even though by then he could clearly see that this wasn’t going down all that well with me. But in my mind there was no way I was going to crash my way into the privileged space of the elite where I don’t belong (like Elaine from Seinfeld if any of you all remember that show and episode), grabbing an opportunity to take what I don’t deserve, just grateful for my sneaky success .

Clearly, I was seeing this in a messed-up way that day. I knew it but was helpless to do anything different. This was many, many years ago. I would like to think that if I could do it all over again I would leap gleefully at the opportunity to upgrade to fancier digs and not make it about my worth. By the same token, if no upgrade came along, then riding in coach would be just fine because I was living a first-class state of mind.

In so many ways life is what we make of it, just like Shakespeare's Hamlet said: "There is nothing good or bad but our thinking makes it so."

So, your reward for sticking with this VERY LONG STORY is that for the return home on this final day of our trip, you're all upgraded to first class! Use that first-class state of mind to reflect upon the trip you've just taken and all that you are grateful for. And enjoy the champagne!

You'll get a welcome back email sometime next week on your return home to wrap up all the loose ends. Thanks so much for being part of this journey. I hope you've made discoveries about gratitude in the places this trip visited. Share some with us from your trip to Gratitude on [Postcards & Pics!](#)

A final thought from our trip to Gratitude:

*"Gratitude turns what we have into enough."*

- *Melody Beattie*

Blessings,

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