



Welcome to the November 23 Edition of Wise Worx 'Words of Wisdom' offering online & offline opportunities to enhance, and if needed repair, aspects of your life and relationships. Our passion is supporting and coaching others to reach their full potential, using the 'manual that is wise and wisdom we know worx.' We pray this greeting finds you well and thriving. Please let us know how we may be able to help, by contacting us through our webpage, email, fb or by phone.

NOVEMBER NEWS is all about THANKFULNESS & GRATITUDE. WiseWorx loves highlighting the positive, a way through, the bright side of life in a world full of negativity. This month we focus on what we can be grateful for in our lives, shining a light on all the tiny, small, and big things that have happened, the ones we have intentionally created, on purpose for ourselves and others that have brought joy, peace and togetherness. To find out more about how this worx, please contact us or book a free WhatWorx meeting to discuss how you can find the fuzzy, sparkly moments in your life and the lives of those around you. Believe me when I say it may change your life..

November News focuses on the issue of flipping perspectives, offering an opportunity to change mindsets, helping and loving on ourselves and others to bring clarity about the good happening in our lives, despite the obstacles we may face in relationships and circumstances. Bringing the good news of the Gospel, and hope in complex circumstances being faced daily, is what Wise-Worx is about



As we begin to ponder the year that has been and prepare for the thrill of Christmas gatherings with friends and family it is the perfect time to reset our hearts and minds on those things that are truly significant and important to us. Life can be demanding and hectic, full of unexpected moments that catapult us along its course and keep us in the dreaded busy zone. The good news of November is that the year is drawing to a close and a new year is looming full of hope and possibilities. The exciting thing for us is that in Christ, there is always hope, always something to look forward to, always light at the end of the tunnel. No matter what your year has looked like and no matter what hurdles you still need to jump over before this year finishes, at WiseWorx we offer tremendous encouragement to you to remember that in every moment there is something to be thankful for. The world highlights the difficulties and by sweet contrast, our faith directs us to the rich blessings in everyday, simple instances.

As small as they may be, they can be found if you are looking in the right places, with the right perspective. Bringing the good news to whoever we can is our calling here at WiseWorx. Tasked with the job to spread love and a way through, we hope to partner with individuals, couples, teams & churches to assist in bolstering and enhancing the view of present blessings. If a search and find mission is required, we are your experts in the field! We can help you to be...

SO VERY  
thankful  
INCREDIBLY  
grateful  
UNBELIEVABLY  
blessed

So, how do you flip your mindset...it really is quite simple. You will find details and steps in the Monthly Wisey Workup towards the end of this newsletter



First let's talk about some of the benefits of a grateful mindset for you!!

- Mental and physical benefits
- Higher satisfaction with life Improved mood, sleep and immunity
- More self-esteem and worth
- Stronger social relationships
- Potential to decrease depression, anxiety, difficulties with chronic pain and risk of disease
- Helps people feel more positive emotions releasing natural endorphins.
- Strength to deal with adverse circumstances in a more positive way
- Reflect on strengths and areas needing refocus
- Can build confidence
- Reveals all the amazing little, big and in between blessings you may ordinarily be taking for granted



Now let's talk about just some of the benefits of your grateful mindset for those around you...

- You potentially become a much more appealing or attractive person to be around just by being upbeat and happier.
- You smile more which draws others in
- You reflect Christ, light and joy more effectively and your witness is strengthened.
- Inspires people to be more generous, kind, and helpful
- Research in gratitude shows evidence in building positive relationships and increasing empathy.
- Practicing gratitude creates a heightened awareness of emotions, values, strengths, and a greater understanding of others.
- Expressing gratitude releases oxytocin or the “love hormone” which builds a greater connection and bond between two people



## What is your story?

If you have a great reflection on how you have transformed your life with gratitude and thankfulness, we would love to hear about it! I have seen so many lives transformed just with simple acts of thankfulness reset. Please share your thoughts with us so with your permission we can spread the word and achieve so much more for the good of all. I have a resources section on the Wise-Worx website and would love to fill it up with your hints, tips and ideas. Subscribe via our website or email us



Now if that doesn't motivate you to start reflecting on thankfulness in your life, consider the greatest reason we have...which is coming up! Christ was born and we get to celebrate his birthday with gatherings, celebrations, carols, cake, presents and fun! There is something for everyone at this time of year to look forward to in some way or another. If you are stuck for ideas, I have enough for a whole country! I love Christmas...Jesus is the reason for this glorious season that is upon us! So thankful and blessed beyond measure



The Monthly Wisey Workup Are you like me and have numerous stationary items around the house, like empty journals, notebooks and great pens? If so, you are on your way to creating a thankfulness, gratitude or blessings list. (If not, maybe it can be on your gift list, or a pressie to self) It is a simple daily practice that will transform your life. It takes an ounce of reflection, a dose of commitment and a recipe for success will be the outcome. Start off just pondering over the little things you take for granted...do you have a nice cup to have your morning cuppa in? Do you have a view out of your window you enjoy? Is there someone or an animal you share your space with that gives some love to you, or a Neighbour or friend you say hello to? Did you eat a nice brekky? Find something you love in your wardrobe to wear? I know, small things but aren't they the best...really? Is it quiet and peaceful where you are, or bustling with the noises of children? Either way, do you find joy in it? Write it down! The Monthly Wisey workup challenges you to start creating a list today and keep adding to it. Start with 5 things, increase to 10, 20, 30...soon your lists will be overflowing and any 'neggie' thoughts or feelings will start to be dispelled. It's simple, yes, but so very effective. If you need a helping hand to get it happening, why not connect with us, reach out, we love helping, and have so many ideas that might just get you going. Meanwhile, if you try it, when it works for you, please let us know. Cant wait to hear your story



**'Words of Wisdom'**

*in Every* Thing  
give Thanks  
1 Thessalonians 5:18

May your lives be full, richly blessed and overflowing with joy and love...

Blessings, Sylvie & Graham

0455 740 222 Meridan Plains, Queensland, Australia