

# Episode 2: 30 Days of Gratitude Day Two

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We are continuing our 30 Days of Gratitude! If you missed the scoop about why we're celebrating, be sure to check out [Episode One](#). Yesterday, we talked about how to be grateful in the midst of feeling like we just don't know what to do. Today, we're going to be discussing Day Two's Topic: **I Keep Messing Up**.

I know you can relate. We all have those times when we just feel like, "Man. Can I do ANYTHING right? As soon as I feel like I'm really getting it together, there I go messing up again." It's a tough feeling. It's a disappointing feeling. But... it's a necessary feeling. Why? How? I'm glad you asked.

The scripture I reference in Day Two of my book is Proverbs 24:15-16. I'm gonna read it to you out of the English Standard Version of the Christian Bible. It says,

"Lie not in wait as a wicked man against the dwelling of the righteous; do no violence to his home; for the righteous falls seven times and rises again, but the wicked stumble in times of calamity."

What does this mean? It means that even the people who strive to do *everything* right mess up sometimes. That doesn't mean that you should just keep messing up. That doesn't mean that you shouldn't go through the process of evaluating your thoughts and behaviors to see if there are any trends or cycles being played out that need to be stopped. What it does mean, though, is that when you fall, you do not have to stay down at all. Ever.

In my book, I give you all kinds of empowerment about falling and getting back up again and again... but today, I'm gonna give you three things to be grateful for even when you keep messing up over and over again.

**Number One: Be grateful that you recognize the fact that you made a mistake.** There are so many people on this earth who walk around doing things and they never seem to even realize the error of their ways. Now I don't know if it's that they don't realize it or that they choose not to acknowledge the realization... but whatever the case may be, be glad that you are able to recognize when you miss the mark. That's an amazing and necessary quality to possess.

**Number Two: Be grateful for wisdom.** The Bible says in James 1:5 that "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." That's the English Standard Version, by the way. So what does this mean? It means that even when you're on the ground after a fall, even in your weakest moment, you have access to infinite wisdom. Infinite, unlimited, perfect wisdom. Wisdom that will guide you through getting up, dusting yourself off and pressing forward to greater.

**Number Three: Be grateful that your fall is not final.** Whew! That's tweetable!

Seriously though. Your fall is not final. If your fall was final, you wouldn't be listening to me right now. Whatever it is, it is not the end. You can get back up, and you will be stronger because of the fall. It takes way more strength to get back up than it does to fall. So just the fact that you are rolling over, propping yourself up and standing lets me know how strong you are. You may not know what to do after you get up, but remember that God knows, and remember that you always have access to infinite and unlimited wisdom.

And that's it! Be grateful. It'll change things. You've got this. God's got you. I believe in you! Now get out there and try this thing again! Have an AMAZING day and be GREAT! I speak life over you and everyone and everything connected to you! Catch me tomorrow!

**\*\*SIDENOTE\*\*** Along with my book, I created an [I Speak Life Journal](#). It's a twelve-week journal and you fill it out at the beginning of every week so that you can set yourself up to have an amazing week! One of the pages in this journal gives the direction to "Fill this page with gratitude." Why? Because starting your week with gratitude sets you up for success, and it gives you something to refer back to whenever you need a little motivation to maintain your faith and confidence. So often, the difference between being suicidal and being grounded is the way you perceive a situation. Remember that. The way you see a situation is more powerful than the situation itself. If you want to grab a journal, [click here!](#)