

## In This Issue

### From the Desk of...

A time of reflection. . .

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## From the Desk of...

As we go into this month that we celebrate the Thanksgiving holiday, it is a time of reflection. Hopefully it is a time when we take stock of the many blessings that we have and express some gratitude for those blessings. I know everyone in the workers' compensation community has had challenging times these last few years. We have always had change in the laws. However, the most recent changes have been the most significant changes that I have seen in the over 20 years that I have been in the business. Never before have I heard so many different individuals talking about retirement or a change of careers. Only recently have I seen what appears to be anything close to optimism.

I recently received a Thanksgiving card which recommended keeping a gratitude journal each day. The card started out by saying, "Don't wait another year to make a real difference in your life. Start keeping a gratitude journal of 20 things you appreciate each day. Notice "what went right" today. Give those you love 5 times as many compliments as you make requests." The card went on to indicate that current



Kenneth L. Peterson, Esq.  
Contributing Editor

research is finding that keeping a daily gratitude journal results in higher levels of alertness, enthusiasm, determination, optimism and energy and even less depression and stress. People who focus on gratitude are more likely to help others, exercise more regularly, sleep better and make more progress toward their personal goals. People who feel grateful are also more likely to feel loved and connected to others. Gratitude encourages a positive cycle of reciprocal kindness since expressing gratitude encourages others to appreciate you.

I thought that keeping a gratitude journal was such a good idea that I passed the card around to other members of my office. Although I haven't done so, I am going to go ahead and purchase a daily journal which I am going to entitle Gratitude Journal. It is my

intent each day to write down "what went right" today. We do have so much to be thankful for. We have had our ups and downs with the changes with the workers' compensation laws in the last few years. The workers' compensation business has been tumultuous. The future also promises to be somewhat tumultuous. Yet, we have lots to be thankful for. It should be fairly easy to find things to be grateful for. Eileen Caddy is quoted as saying, "Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you." I think there cannot be too many gratitude journals in this world.