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I feel joyful and content. I appreciate small pleasures and everyday miracles. Luxury goods and exotic destinations sound nice, but I have what I need close to home.

I decide what is worth cherishing. I listen to my heart instead of chasing after status symbols or comparing myself to others.

I delight in the company of my loved ones. I take my friends out to dinner and plan outings with my family. I hug my children and hold hands with my spouse.

I nourish my body and mind with delicious whole foods. I savor a bowl of hot vegetable soup with a slice of crusty sourdough bread. I snack on toasted almonds and kale chips. I quench my thirst with pure water or green tea.

I relax in a warm bath or soft hammock. I remove my shoes and spread my toes out wide. I play gentle instrumental music while I am cooking or commuting.

I take time to laugh and play. I remember that it is okay to be silly sometimes.

I am enchanted by the sights and sounds of nature. I watch squirrels play and listen to birds sing. I work in my garden or take a walk through the local park. I bask in the warmth of the morning sun.

I know that simple things can be magnificent.

Today, I am attuned to the ordinary pleasures and experiences that surround me. Each happy and rewarding moment adds up to a satisfying life.

Self-Reflection Questions:

1. What are three things that are more important than money?
2. How does slowing down help me to appreciate each day more?
3. What is one beautiful thing I tend to overlook?