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The surprises that life delivers to me make me smile and fill my life with joy.

Sometimes things fail to go the way I expect them to, and that is why surprises are so wonderful. **The things I fail to see coming are often life's greatest gift.**

My attitude is one of the few things that I have control over. That makes all the surprises in life manageable, whether the surprises are positive or negative. The variety in life makes life richer and provides greater depth.

Overall, my life is a joy. I have many blessings that fill me with gratitude. **When I have gratitude, all my challenges seem smaller and more manageable.** I am grateful for my family, friends, career, and life itself. I find more things to be grateful for each day.

I can experience joy each day because I am free from the need for perfection. I appreciate the tiny flaws in my life. Life would be boring if it were perfect.

I find joy in the little things. Beauty in

nature brings me great joy and is all around me. **All I must do is open my eyes to experience great joy.** I am incredibly lucky to have so much joy in my life.

Today, I am experiencing more joy than ever before. I feel grateful for my life. I am in awe of my many blessings. Life is a joy filled with surprises.

Self-Reflection Questions:

1. What could I choose to enjoy about my life right now?
2. What brings me the greatest joy?
3. What is the biggest surprise I have had in the last five years?