

Breathe In This Day

A Colorful Thanks Reflection

Take a breath.

Let yourself return to one small moment from today.

It doesn't need to have been extraordinary.

Perhaps it was something so ordinary that no one else would have thought twice about it.

But you noticed.

And somehow, it mattered to you.

Ordinary
moments
can hold
extraordinary
meaning.



What happened today that might mean very little to someone else, but meant something to me?

What did I notice?

What did I see, hear, smell, taste, touch, or feel?

Small moments.
A more colorful life. ♥

