

A Little More to Notice

What made this moment mine?

Was there a memory, a person, a feeling, a familiar detail, or something else that gave this moment meaning?

The
more I notice,
the more
there is to
appreciate.



What does this small moment help me recognize about the life I am living today?

Give Your Gratitude Somewhere to Go

Is there a small way I would like to experience, express, or give something from the gratitude I discovered? Perhaps I want to stay with something a little longer, tell someone what they mean to me, create something, offer a kindness, step outside, throw the ball one more time, or simply be more present the next time the moment arrives.

What would feel meaningful to me?

Gratitude
takes root
when we live it.



Before you return to your day, take one more breath and wonder:

What is here today that I don't want to miss?

Breathe. Notice. Be Here. Grateful. ♥

