

Some time ago while reading *One Thousand Gifts*, a book wherein the author embraces everyday blessings, I thought to start my own list. At first, it was a piece of cake, but once I was done listing the obviously important big stuff like health, family, faith, friends, etc., it became progressively difficult because I didn't want my list to take a shallow tone as I started to pen down things like dark chocolate, daisies, sun block, café Cubano….But truth is, I *am* thankful for those things too! Ironically, it's been precisely the small stuff that's often made me realize that even on days when I feel anger, anxiety, exhaustion, pain, unforgiveness, disappointment, fear, or what have you, there's always, always, always *something* to be thankful for.

What's great about this exercise is that it prompts me to reflect on more than the obvious. It opens my eyes, especially on days when my sight is blurred by discontent, to a slew of gifts that show me that in the succession of frames my life is, there are indeed many snapshots of happy. And because I find it difficult to be both genuinely grateful *and* grumpy at the same time, I end up choosing to antidote my toxic emotions with gratitude, and consequently make peace with what's on my plate.

On that note, I'll be posting "Thankful Thursdays." Please join me every week and share your

“gifts” too (here or on the blog’s Facebook or Twitter pages). Don’t miss the chance to deliberately contemplate and share your blessings, big or small, and trigger someone else’s snapshot of happy.

I’ll kick off today’s with a biggie: I’m thankful for my children…they are my oxygen; and Cuban coffee…it helps me keep up with them.

Your turn.

“In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy.“
~ Steindl-Rast

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