

For what makes us feel good.

There's quite a bit in our lives that can make us feel bad. Matters involving health issues, financial difficulties, and job burnout usually top the list. Then there's the stuff we bring on ourselves: comparing our lives to others', adopting bad habits, making excuses, over-watching the news….All of this causes stress, and stress kills, as we know. It certainly kills the joy in our lives.

So, I think it is essential, no, imperative, really, that we do whatever we can to pull out of the hat every thought and occasion to lighten up our days. A hug, a compliment, an outing, recalling a good memory, praying, making the bed (this works, trust me), dark chocolate (my fave), and getting your grateful on….There are so many things we can do.

C'mon, we can do it! Let's lighten up our day! For what makes us feel good, today and always, I am grateful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Folks are usually about as happy as they make their minds up to be."
-Abraham Lincoln

"Life will always throw you curves, just keep fouling them off… the right pitch will come, but when it does, be prepared to run the bases.



-R. Maksian

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