

If you could have a conversation with yourself from 20 years ago, what would you tell yourself? Me? That there's only so many times one can get away with putting 38 on a birthday cake. [Wink, wink…inside joke to family and friends].

Seriously, though, I would tell myself not to sweat the small stuff. As a control freak and overly concerned person, sometimes I go on alert mode waaaayyy prematurely, not waiting to see if the small stuff even turns into big stuff. It's quite the conundrum given that I'm also an extremely patient person — I think I want to worry but I'm willing to wait. The suspense is real. ?

It's weird that I don't get rattled by the big stuff, it's the trivial things that seem to consume my thoughts. Maybe because when the going gets really tough, I grab for my faith, and there's no match for that. It's sweating the feeble, micro-stuff I have to work on. It's a waste of good brain cells and time. And time is valuable, my friends, as I'm sure you know. Just ask yourself from 20 years ago. Kids, word of advice: don't sweat the small stuff, save your brain cells.

For every instance I am able to wipe my forehead and keep the small stuff in check, I am thankful.

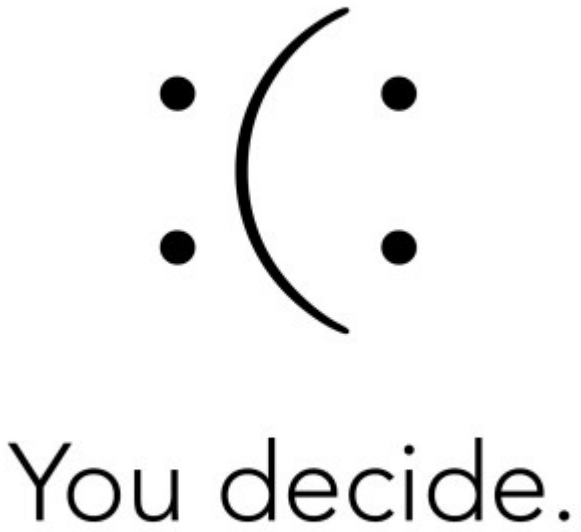
If you could have a conversation with yourself from 20 years ago, what would you tell yourself? And what are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
-Matthew 6:34

"Indeed, the important question in terms of becoming more peaceful isn't whether or not

you’re going to have negative thoughts – you are – it’s what you choose to do with the ones that you have.”
-Richard Carlson



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