

Six hundred twenty-six and counting.

Some time ago while reading One Thousand Gifts, a book about embracing everyday blessings, I thought to start a list of my own. At first, it was a piece of cake, but once I was done listing the obvious big stuff like health, family, faith, friends, etc., it became progressively difficult. I didn't want my list to take a shallow tone, as I started to pen down things like dark chocolate, daisies, sun block and café Cubano. But, truth is, I am thankful for those things too!

Ironically, it has been precisely the small stuff that often has made me realize on days when I feel anxiety, exhaustion, disappointment, fear and all those not-so-pleasant things life is also made up of, that there is always, always, something to be thankful for. And I don't know about you, but I find it very difficult to be both genuinely grateful and grumpy at the same time. I think gratitude could very well be the antidote to any toxic emotion.

So 12 years ago tomorrow, I embarked on this weekly posting journey and, 626 Thankful Thursdays later (having missed only 1), here we are. What is great about this reflection exercise is that it opens my eyes to a slew of gifts that show me that in the succession of frames my life is, there are indeed many snapshots of happy.

I want to celebrate the blessing in that by expressing my gratitude to YOU, the loyal readers. For your following, your feedback, and continued encouragement, I thank you. Please never pass up the chance to deliberately contemplate and share your blessings, big and small, and trigger someone else's snapshot of happy. My thanks and love to you.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"May the only words that matter in my life not be the ones I write on a screen — but the ones

I live with my skin."
-A. Voskamp

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



[626]

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