

I feel like I just posted yesterday, and now here we are again—Thursday already. Time seems to fly by faster each week. Between checking off to-do lists, hopping from one task to the next, and juggling responsibilities, the days blur together. By Thursday, all I can think about is the weekend. Can you relate?

But what if, for just a moment today, we paused to breathe and notice the little things that make life great? That's the essence of Thankful Thursdays: taking a minute to recognize and appreciate the everyday moments that we often overlook.

As we get ready for the weekend, I like to remind myself that gratitude isn't just for the big milestones. It's also found in the small moments that keep me going, even on the busiest of days. For me, sometimes, it's the quiet, everyday moments that end up having the biggest impact on how I feel.

Here are three of my favorite routines: My morning coffee ritual. Because it's not just about the caffeine (though, honestly, that definitely helps)—it's about that first sip (of Colada Joe) and taking a second to feel grounded before the day takes off. It's a peaceful moment spent in prayer; *y un ratico* sitting with my hubby before the business of the day kicks in.

Next, there's my daily morning long-distance call from my commute buddy, Danny. On our way to work, we cover everything from the weather to politics, religion, food, and, of course, life in Texas. Then, rounding out my favorite daily routines, there's my evening call with Lauren. We catch up on Colada Joe business, travel plans (naturally), gossip, and everything else in between. It all adds to a complete, blessed day.

So, I invite you to do just that on this Thankful Thursday: take a moment to reflect on the little things that bring you peace, even in the middle of a hectic week.

What are your three must-haves that help set a grounded tone for your day? And what are you thankful for today?"

Until next Thursday's post…si Dios quiere.

"Hem your blessings with thankfulness so they don't unravel."
-B. Trissel

"Your morning sets up the success of your day. So many people wake up and immediately check text messages, emails, and social media. I use my first hour awake for my morning routine of breakfast and meditation to prepare myself."
-C. Ghosn



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