

“Stay close to anything that makes you glad you’re alive.” — Hafez

“Wow! Yes!” I thought to myself when I first read the quote. I’m a sucker for a good quote. If you follow this blog, you already know that. And this one? Definitely Post-it-worthy.

It’s easy to lose sight of the things that bring us joy and purpose because life can be convoluted, but I find Hafez’s words to be a reminder to stay connected to those moments, people, and experiences that reminds us life is worth living.

The key in the quote is the “stay close” part. It’s not enough to just experience these things every once in a while or when we can squeeze them in. We have to make them part of our everyday lives. Could be an activity that energizes us, or a person who lifts our spirits, or a place that makes us feel at home. Whatever it is, staying close to those things is what keeps us grounded, especially when life feels overwhelming.

What makes me glad I’m alive? Connecting with my loved ones daily. And for them, I am grateful.

What are you thankful for today?

Until next Thursday’s post…si Dios quiere.

“Whether life is worth living depends on whether there is love in life.”
-R.D. Laing



Share this:

- Share on Facebook (Opens in new window) Facebook
- Share on X (Opens in new window) X
- Share on Pinterest (Opens in new window) Pinterest

- Print (Opens in new window) Print