

I've always prided myself on being the patient one. Unshakable calm. A Zen master. Seriously, I could wait forever—whether it was for a delayed flight or for a friend to finish telling me their entire life story (and I mean *every* detail). Patience's been my superpower.

But lately I've noticed my patience isn't what it used to be. Maybe it's age? Probably. Maybe it's the constant noise of life? I don't know. Or maybe it's that feeling that time is just slipping away faster than I can finish my coffee. That definitely seems like a big factor. Anyone else feel that? Whatever it is, where I once had an endless well of patience, I'm starting to feel a bit more tapped out. Like I don't have quite the reserve I used to. Particularly for the small stuff. Maybe it's also the thoughtless, irresponsible, and unprofessional people who seem to make everything harder or unfairer than it needs to be, but I digress…

But hey, patience is essential, right? And I know it's one of those virtues I gotta keep strengthening, especially with the people I care about. (Although they're not the ones who test it the most).

So today, I'm grateful for the times I do manage to show patience. That always feels like a victory.

How do you keep your patience in check these days? Or are you secretly a ticking time bomb like me? □ Let's remember to breathe when our inner calm feels a little offline.

What are you thankful for today?

Until next Thursday's post…si Dios quire.

"Be joyful in hope, patient in affliction, faithful in prayer."
-Romans 12:12

"Why is patience so important?"
"Because it makes us pay attention."

-P. Coelho

“Patience is the calm acceptance that things can happen in a different order than the one you have in mind.”
-D.G. Allen


My patience is basically
like a gift card.
Not sure how much is left
on it but we can give
it a try.
WP.

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