

For years, I used to think people were losing it when I'd see them talking to themselves, like they were having a secret meeting. I'd just shake my head and laugh.

Fast forward to today, and I can mutter the occasional impromptu conversation with myself—at my computer, in the car, with God, with my to-do list—with absolutely no audience needed. *Y sin pena*. No shame. I mean, I *could* be talking hands-free on my phone, right?

But I get it now.

I've come to appreciate the quiet (and not-so-quiet) moments of self-talk that help me process my thoughts, plan stuff, pray like my life depends on it ('cause most times it really does), and sometimes even crack myself up. It's very enlightening.

I even have a sign at my desk that reads, "If you see me talking to myself, just move along… we're having a team meeting." □ Seems fitting these days.

Y tú? What does your self-talk sound like? *Dale*, que I know you do it too.

Today, I'm grateful for the inner dialogue that helps me sort things out, stay grounded, and laugh a little along the way. Ironic how the things we once judged are often the things we grow into.

What's something you've grown to understand or appreciate over time? And what are you thankful for today?

Until next Thursday's post…*si Dios quiere.*

"Sometimes you have to talk to yourself, because you need expert advice."
-Unknown

“You talk to yourself. There’s no shame in that. If you don’t talk to yourself, how do you know what you’re thinking?”
–D. Coupland

“Your mind will always believe everything you tell it. Feed it hope. Feed it truth. Feed it with love.”
–Unknown


TAKE
THE ROAD NEVER
TRAVELED
NP
If you see me
talking to myself,
just move along...
We're having a
team meeting.

#704

[Note: In case you are not Spanglish-speaking, “si Dios quiere” means God-willing. Mom finished most of her sentences with that phrase. After her passing, I added it to my sendoff in her honor.]

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