

The other day, while FaceTiming with Danny and Ashley, they showed us a video game they were playing called Librarian. (I know… sounds exciting as heck.) The whole point of the game is to organize thousands of books scattered all over a library and put them back on the shelves. Who comes up with this stuff? Suddenly, my OCD brain wanted to reach through the screen, grab Danny's controller, and start cleaning up the mess myself!

I thought, oh well, look at that. No monsters, dragons, zombies, shooting, or high-speed car chases. Just the satisfying process of creating order from chaos. Kind of refreshing, if you ask me. And definitely my kind of game.

As random as it sounds, it got me thinking about our minds.

Sometimes my mental shelf space looks exactly like that library floor. A chaotic jumble of worries, responsibilities, grocery lists, and random conversations from like three weeks ago. Even the occasional thought about mortality, which has been popping up more often now that I'm in my golden years. That one raises the hair on the back of neck. And, of course, there's the eternal question: ¿Dónde dejé los espejuelos? My thoughts are piled everywhere, I tell you. It's exhausting.

That's why I'm always grateful when God allows me the moments that help me put a few of those "books" back on the shelf. Like crossing tedious things off my list, or letting go of something I can't control. And probably the hardest one of all, picking which battles are actually worth fighting.

I realized long ago that learning to choose my battles is not an easy thing to do. Takes self-control and a lot of patience. Not every problem deserves my attention, and not every opinion deserves a response. Just like not every frustration deserves a front-row seat in my mind. But it's an ongoing practice. One that's essential for my emotional, mental, and even spiritual health. For me, it's about protecting my peace and my relationships, and that's paramount.

Friends and family, look for those clear moments. God is giving them to you. Learn to recognize them. They don't solve everything, but they do create a little more mental shelf space for what matters most.

What does your mental shelf look like these days? And what are you thankful for today?

Until next Thursday's post… si Dios quiere.

P.S. Apparently there's also a game called Supermarket Chaos where you organize shelves and restock inventory. Finally… a game that appreciates my life skills. □ I have a feeling I'd absolutely crush that one.

"It's not the daily increase but daily decrease. Hack away at the unessential."
-Bruce Lee

"If you chase two rabbits, you will catch neither."
-Confucius

"The main thing is to keep the main thing the main thing."
-S.R. Covey



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