

# Be Grateful

Every morning, as your feet hit the floor, just before you head to the bathroom, take a moment to take a deep breath in and think about one or two things you are grateful to have in your life.

Sometimes when I'm feeling too rushed, or have a particular annoyance on my mind, I consider a related thing I am grateful for. For example, on days when I realize the laundry basket is overflowing, just after my shoulders slump as I wonder how I'll find time to fold the stacks later, I think kind thoughts onto my washing machine and dryer which have never failed me in all the years since I've had them. It is nearly a miracle to put dirty, smelly clothes into a machine, press a button, and within a couple hours everything is practically like new.

Count your blessings as you cherish all the good in your life. Find something to be grateful for as often as possible.