

I AM SO GRATEFUL AND THANKFUL FOR...

My family & friends who love and support me (even when I make it hard).

My kids who pull me back into the present and teach me so much.

Life's experiences — good and bad — that have helped me grow.

Nature, trees, rivers, lakes, sunshine, clouds, rain, snow — all of it!

The changing of the seasons.

Farmer's market — fresh, healthy foods.

Moments of inspiration that keep me moving forward.

My gym membership (and Lorraine who greets me by name!)

Yoga classes that leave me feeling energized & connected.

Positive friends — Mike, Kristen, Byron, Doreen, Beverly and Mary.

Increased self-awareness, flashes of insight.

Computers, email, WWW and the ability to turn it off.

iPhone, iPod, iTunes, iMovies — all things APPLE.

Dark chocolate & red wine.

Coal, Bootsie — the unconditional love of pet.

Books & magazines that keep expanding the way I think.

Honest, open friendships that keep me on track.

Gardening — flowers, fresh foods.

Master Lin & Spring Forest Qigong.

Meditation — clarity and peace of mind.

Recycling programs.

Comedies, laughter, quick wit.

Netflix.