

LIVE THE LIFE YOU WANT!
by **Carla de Cervantes****Appreciating Today**

Have you ever found yourself looking at your calendar or watch and wondering how so much time has passed in what feels like the blink of an eye?

In our culture, we tend to cram so much into our daily lives that we hardly have a moment to catch our breath. We get so focused on where we are trying to get that we lose sight of where we have been and where we are. The days and week and months seem to run together and become a blur. We wind up unable to appreciate this day, this moment, for what it is.

Try this daily practice for the next week.

TODAY

As you crawl
into bed at night,
stop for a moment
just to breathe.

Before you give yourself to sleep,
think one last time about today.
In all you accomplished, people seen,
what would you say was your favorite thing?

Perhaps a connection
with a stranger or a friend,
sitting quietly alone
after waking with the sun?

Something that brought
a smile to your face,
seeing the breeze
dance with a treeful of leaves?

Maybe the briefest of moments today
without even trying you found yourself
wanting nothing, filled with love,
present precisely where you were.

Wouldn't the world
be a gentler place
if we stopped before each new day dawns
to reflect on what is beautiful about today?

Stop for a moment,
just to breathe.
Give thanks,
in whatever way feels right.

As this day draws to a close,
for the greatest gift
you have been given,
your most cherished moment, today.

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**Carla de Cervantes
Life Coach**

carla@personalpassages.com

Carla de Cervantes, M.B.A., Ed.M. is a professional life coach, speaker, and writer.

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