

Gratitude Brings Joy

Find a quiet, relaxing place to sit outside today. Close your eyes, take a few deep breaths, then just breathe. Feel the fresh air and sunshine on your face. Be with your breath, notice where the inhale begins then switches to an exhale. Then open your eyes and watch the sky, birds, and/or squirrels do their thing. Think of one, two, or three things for which you are truly grateful. Smile.

If you haven't already, I strongly encourage you to keep a gratitude journal. It is a very powerful way to reinforce the positive aspects of your day, and provides an encouraging read on another day you might need.

As Susan Mussey writes in *Mindfulness for the Classroom*: "Try thanking someone without smiling. I'm sure it can be done but it's a bit of a challenge. Gratitude really does bring joy, both to the giver and receiver. This is huge as joy is the key to a happy life. A quick distinction: Joy and happiness are not the same. The glorious thing about joy is that it **can** exist even during hard or sad times. Joy is a good feeling in the soul that can come from being thankful."

My wish for you today: Continue to bring joy to yourself and others by the continued connections via phone calls, emails, text messages, video messages, etc.

YOU ARE AMAZING

