

15 *Ways* to Appreciate the Little Things in Life



1. Waking up in a safe, warm place and realizing you are alive, breathing and have a new day in front of you.
2. Watching the steam coming off of a hot cup of coffee or tea before taking the first sip.
3. Soft morning light coming through the windows.
4. The intricate detail of trees and the way they sound blowing in the wind.
5. The joy and presence of your pets as they go about their day and how happy they are when you give them your attention.
6. The quiet chatter of other people in a coffee shop, on a train or bus.
7. When someone genuinely asks how your day is going.
8. The sound of a loved one's laughter.
9. Having access to nutritious, delicious food.
10. The ability to move, think, read and write.
11. Curling up in your pajamas to watch a movie or read a book.
12. The scent and glow of a burning candle.
13. The calming sensation of watching water flow by.
14. Hugging a loved one.
15. Taking a deep breath outside in the evening (no matter the temperature).

This reminds me of the song, "Count Your Blessings." Sing along and be blessed!

<https://www.youtube.com/watch?v=9fMjgS4vu4o> (Imbed video)

These are just a few ideas. Take a minute today to notice and be grateful for the small things!
Make a list of your own and SHARE IT with us or someone you love to **spread positivity**.

Source: <https://www.mindful-livingblog.com/home/appreciate-the-little-things-in-life>

- Please include a response/comment section with this one!