

Reflection: Feel Good Now

Today, instead of noticing what is missing, try noticing what you have. Look around you. What is in your general area that you can feel good about? Maybe it's the soft fuzzy blanket? A warm cup of coffee? A pet? Take notice of the blessings and allow yourself to feel the comfort that comes with them. Continued blessings will come your way if you can find a way to feel good now. List as many things you can right now that bring you comfort, joy, love and happiness.