

How do we break the bad habit of missing out on our blessings, and missing out on the opportunity to cherish our time instead of having regrets later on in life?

I have a picture of my kids running across the field in their rubber boots, playing with the goats, cows, and dog.

I captured that moment - it used to be a daily thing - knowing one day it would be a snapshot of a cherished memory.

How much time do you have? What about your spouse, friends, and family members?

None of us knows - the only thing we have is now and that's enough to be a steward and cherisher of our time.

Wise Women know this, and practice this with full hearts - DAILY!

Start **HERE**:

1. Ask for "eyes to see and ears to hear." Scales fell from Paul's eyes, according to the Bible. Look for opportunities to show up and create a cherished memory - fewer "photo opps" and more heart moments.
2. Find the humor. I shared the story about how my Mother and I were able to joke around and make light of an otherwise difficult situation.
3. Take moments to stop and smell the roses (or daisies!--those were my Mom's favorite!❤️🌸)
4. Remember, Suffering may endure for a night, but joy cometh in the morning.
5. Reflect. Use your journal to not only record the precious memories but to go back and enjoy them.
6. Center yourself. Start a meditation practice if you don't already have one.
7. Communicate and connect with the people you love. I told the story of my last connection with my Mom when she was passing on to Glory. It wouldn't have been nearly what it was if it wasn't for the purposeful relationship we determined to build. The cherishing all came home in those emotional hours.

This is your life, your time, and how beautiful it is, is on YOU!