



***Life gives us moments...  
and for these moments we live our lives.***

***"I had the experience, but missed the meaning." T.S. Elliot***

***"Slow down, you move too fast." Simon and Garfunkel***

**Pause for a few moments....take a few deep breaths...and reflect on your life this past year.**

**Stop and think...Have there been 1 or 2 or 3 moments that you really appreciate?**

**Stop and savor those moments...allow yourself to feel your deep sense of gratitude.**

**When we stop and think about it, it's these moments that truly enrich our lives.**