

Think like a tree

Soak up the sun
Affirm Life's magic
Be grateful in the wind
Stand tall after a storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold spell
Emerge renewed at the first sign of Spring
Stay deeply rooted while reaching
 or the sky
Be still long enough to hear your own leaves rustling.

—Karen I. Shragg

There is always, always something to be grateful for.

—Ruth Murphy