

SATURDAY * OCTOBER 29
I AM THANKFUL FOR ALL THE TIME
TO DO WHAT IS MINE TO DO

Can you use an extra hour each day? There is a simple way to make time expand for you. It is to appreciate and enjoy the present moment.

If at any time today you feel rushed, close your eyes and say, "Thank you, God, for this moment."

Time has an elastic quality to it. Fear, worry and apprehension have a way of making time condense. Appreciation and enjoyment help time expand.

"Thank you God, for this moment, and all the time I need."

DAILY GRATITUDE LIST

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- 10.