



**"The past, I think, has helped me appreciate the present - and I don't want to spoil any of it by fretting about the future."
– Audrey Hepburn**

**WatchGlass
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By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

Appreciating the Small Things

by Rosanne Scriffignano, Ph.D.

Have you ever looked at the world through the eyes of young children? These playful souls find joy in just about anything. Every aspect of their lives is wondrous and magical. They instinctively know how to appreciate the small things in life.

As adults, it's easy to ignore the small things. Hurrying to get to the next appointment or errand, we often forget to appreciate the beauty around us. Although we search for ways to make our lives easier, we often feel overworked and stressed.

How can you re-new your focus and better appreciate the small things in life? Below are some suggestions to get you started:

- **Appreciate Nature**—During all seasons, the great outdoors offers a kaleidoscope of beauty and color. The opportunities to appreciate Mother Nature are endless. For example, you can watch a sunset during the winter or gaze at flowers during the spring. When you appreciate nature's glory, you will slow down and feel better emotionally and physically.
- **Appreciate Others**—Instead of thinking about what's wrong with your relationships, take stock of what's working. Tell your friends how much you value them. Set aside time to share moments and build memories with your family. By focusing on the positive aspects of your relationships, you will feel happier and more content with your life.

We're all members of the greater community. Whether they are neighbors, co-workers, or people we meet through volunteer or religious affiliations, we have opportunities every day to appreciate and celebrate what we have in common, as well as our differences.

- **Appreciate Yourself!**—Josh Billings reminds us that "A dog is the only thing on earth that loves you more than you love yourself." Instead of fretting over those extra pounds or things you can't do well, celebrate your strong points. Be grateful for who you are today.

As you consider ways to appreciate the small things in your life, consider Audrey Hepburn's wise words: "Pick the day. Enjoy it - to the hilt. The day as it comes. People as they come... The past, I think, has helped me appreciate the present - and I don't want to spoil any of it by fretting about the future."

There's no point worrying about the past or future. Only today is important. By appreciating the small things, you will live each day to the fullest – one day at a time.

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