

19th December 2021



Celebrate

GRASP EVERY MOMENT!



REMEMBER THIS *moment.*
cherish THIS STORY.
CELEBRATE THIS *life.*

Celebrating is definitely a habit. It is a mindset to look out for the moments and not let a good one pass without a cheer. What a great way to set up 2022, celebrating the successes and not letting even the smallest one pass unnoticed. Make anniversaries a big deal, celebrate your birthday, share success with those around you. How is it so easy to recognise the poor attitude of Ebenezer Scrooge and still be the downer on the joy yourself? Enough already! It is nearly Christmas, there are so many opportunities to break habits and celebrate. Start today!



And while we are on the subject of celebration, Happy Birthday to my wonderful brother x