

Gratitudes	Happy
<ol style="list-style-type: none"> 1. My therapist for understanding 2. I am not physically ill 3. I have a large support network 4. I am tenacious 5. I have killer hair 6. I have a big heart 7. I try to do good things for others 8. People who have faith in me 9. I am thankful for my parents for without them there would be no me 10. I am thankful for the life I've been able to experience 11. I am grateful there are preventatives for my allergies so I won't be dead 12. I am thankful for Kate, the person whom if I tell her I shot a man in Reno to watch him die, she would shoot him again to make sure he's dead and then ask me where we're going to bury him 13. I am thankful I can often make people laugh 14. I am grateful my body is strong and healthy to let me move the way I need it to 15. I thankful my car is paid off 16. I am grateful for my champions when I went back to college, for without them I would not excelled or want to continue with my education 17. I am grateful for Natalie who gets my Jane Austen obsession and who can really make me think 18. I am grateful I have the capacity to share all different kinds of love with all different kinds of people 19. For the family I have chosen 20. For previous lovers who let me view and share in their worlds 21. For those I have met over the years who have helped shape me into the person I am today 22. For my pets who showed me what 	<ol style="list-style-type: none"> 1. The smell and taste of pineapple juice 2. Trader Joe's dark chocolate covered pretzels 3. The "Most Interesting Man in the World" commercials 4. Key & Peele shorts 5. Wearing my grey old man cardigan (I have two in separate styles) 6. Wearing my Black Phoenix Alchemy scents, especially Bliss 7. Long, near scalding, showers, 8. Long soaks in a bathtub, when I can read until my skin is pickled 9. The way my body feels after I moisturize it with coconut oil 10. That first snowfall 11. Gerbera daisies 12. When I finish my todo list for the day and everything is completed 13. The smell of just out of the oven baked goods; even more so if I have baked them myself 14. Sleeping with my teddy bear 15. The first kiss of a potential lover 16. Getting cards and letters in the mail 17. An unexpected phone call from someone I love 18. Writing letters and the joy people have when they receive them 19. The smell of fresh cut grass 20. The feel of clean sheets 21. Glitter gel pens for making me smile when i write 22. Chocolate. Because chocolate. 23. Good burgers 24. Making snow angles 25. The way my skin feels after moisturizing it 26. Medium rare steak 27. The magnitude of available British television

<p>unconditional love really is</p> <p>23. For Caravaggio for allowing me to not only fall in love with his work but to finally get what art history really means</p> <p>24. For understanding that a million decisions brought me to this point in life</p> <p>25. For crazy drugs to allow me to be healthier rather than crazy(ier)</p> <p>26. For the wind through the trees to allow me to allow the gods to talk to me</p> <p>27. For sticking to my guns for doing the right thing</p> <p>28. Believing in the goodness of others</p> <p>29. Learning how to properly breathe during meditation</p> <p>30. For being able to recognize the things I need to change</p> <p>31. For having known my father</p> <p>32. My car is in good shape</p> <p>33. For falling in love with books to allow me to travel all over the world</p> <p>34. My capacity to always want to fall in love with everyone and thing I meet</p> <p>35. For finding out I don't have breast cancer</p> <p>36. The changing of the seasons to indicate that nothing remains the same</p> <p>37. For people who are kind to me even if I'm not kind to them</p> <p>38. For those who teach me about humility</p> <p>39. Ms. Lizzie Locks for her amazing kindness towards me and Thursday the Pug (She sent Thursday toys and snacks from her dogs, Sophia and Stormy. The dog is going insane.)</p> <p>40. The internet, without whom I would not be the person I am today that is how important it is in my life</p>	<p>28. Fuzzy socks</p> <p>29. That moment between getting out of the shower and grabbing a towel and the temperature is just perfect</p> <p>30. Fresh mani/pedis</p> <p>31. Movie popcorn</p> <p>32. New journals</p> <p>33. Singing</p> <p>34. Fleece tights</p> <p>35. Freshly washed hair</p> <p>36. Bubble baths</p> <p>37. Hot cup of tea</p> <p>38. Iced coffee</p> <p>39. New office supplies</p> <p>40. Sharpies</p> <p>41. Planning fantasy vacation</p> <p>42. Reading</p> <p>43. Writing</p> <p>44. My collection of fountain pens</p> <p>45. Rugby</p> <p>46. Mermaid blue in my hair</p> <p>47. My pug in a mug tea infuser</p> <p>48. Hotel Chocolat</p> <p>49. My collection of Chucks</p> <p>50. Hugs</p> <p>51. All kinds of kisses (not just the ones from a new lover)</p> <p>52. Glitter pens</p> <p>53. Jane Austen retellings</p> <p>54. Sudoku</p> <p>55. Vintage cameras</p> <p>56. Literary maps and cartography in general</p> <p>57. Learning a new language</p> <p>58. Shield maiden barrettes</p> <p>59. Van Gogh's The Cafe Terrace on the Place du Forum Arles at Night</p> <p>60. glitter gel pens</p> <p>61. Peeps!</p> <p>62. Carbonated water</p> <p>63. Pita chips and hummus</p> <p>64. 1/2 off easter (and halloween) candy</p> <p>65. C2E2!</p>
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| <p>41. TheExHusband for everything he has done and will do to keep me moving forward</p> <p>42. Potential employers who extend an interview request to me</p> <p>43. The pug simply because her silliness makes me smile</p> <p>44. Being biologically in excellent health</p> <p>45. For people who do not like me for it reminds me that standing by what I think is right and true is the sacrifice I am willing to make over pleasing everyone</p> <p>46. That we all want to love and be loved</p> <p>47. Friends whom I haven't spoke to in months and we can pick up just where we left off</p> <p>48. I've said this numerous times across my site but it needs to be on the list — TheBassist for breaking up with me. It was perhaps the greatest gift he could have given me for it helped deter a terrible crash, deal with my issues, get the help I need, and make me a better person. Thank you.</p> <p>49. The deluge of places wanting to, or have an interest in, interviewing me</p> <p>50. Publishers because without them I would have no books</p> <p>51. I am grateful for yoga keeping me centered and balanced</p> <p>52. The ability to make choices that is best for <i>me</i> not for someone else</p> <p>53. For my internal strength. I may get knocked a lot but I always come back swinging</p> <p>54. For learning compassion for myself and for others</p> <p>55. For learning forgiveness and letting go</p> <p>56. For Wellabutr in seemingly working #fingerscrossed</p> | <p>66. Begrudgingly Daredevil</p> <p>67. Pops!</p> <p>68. Fluffer nutters</p> <p>69. Trader Joe's speculoos + cocoa swirl paired with pretzels</p> <p>70. A new tattoo!</p> <p>71. My cardigan collection</p> <p>72. My tshirt collection</p> <p>73. Fresh cut apples</p> <p>74. Powerpuff Girls</p> <p>75. Polaroids</p> <p>76. TheZelda game series</p> <p>77. First flowers of spring</p> <p>78. The first leaves of fall</p> <p>79. Yoga</p> <p>80. Long walks</p> <p>81. Chocolate chip cookies</p> <p>82. Knitting</p> <p>83. Historical books and TV shows</p> <p>84. <i>Pride and Prejudice</i></p> <p>85. <i>Bridget Jones' Diary</i></p> <p>86. Graphic novels</p> <p>87. Coloring</p> <p>88. Nordic and medieval history</p> <p>89. For believing anything is possible</p> <p>90. Teddy</p> <p>91. <i>Pushing Daisies</i></p> <p>92. Luna and Larry's vegan ice cream</p> <p>93. Meditating</p> <p>94. Elephants</p> <p>95. Shoes — specifically Mary Janes</p> <p>96. Tattoos</p> <p>97. Swimming</p> <p>98. Swinging on swings</p> <p>99. Music</p> <p>100. Beaches</p> <p>101.</p> |
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| <p>57. The kindness of others towards me</p> <p>58. Continuing to take accountability for my actions</p> <p>59. I'm grateful for everyone who has given me support, cheered me on, gave advice, offers of hospitality when I needed it, and so much more. I keep telling people the big lesson that I've learned in the last year or so is humility and gratitude. My life is still a delicate eco-system and I think on one level it is always going to be, but the foundation is much stronger thanks to everyone who has come forward with help. Really, I'll probably be repeating this gratitude a lot in the upcoming weeks and months because I really am that grateful for everything that has been given to me. As much as it gnaws at my soul to say that I'm "blessed," I am feeling pretty beatific these days.</p> <p>60. For having an in-building washer and dryer. While I enjoy doing laundry (the smell! the neat piles of folded items!), not having to schlep it out someplace else is a delight</p> <p>61. Spring is finally here. It may flare up my allergies but I love the change from one season to another</p> <p>62. Friends who send you random presents! (Especially ones who send you fresh baked cookies!)</p> <p>63. Wellbutrin continues to work its magic. Let's all bless science!</p> <p>64. The ability to spend time with friends at mini-vacations</p> <p>65. New glasses so I can see the world clearer and in focus</p> <p>66. For my tattoos, as each one tells a story</p> <p>67. For TEH trading days when to walk the dog so neither of us are getting</p> | |
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| <p>up everyday when the sun rises</p> <p>68. I was not the same person I was yesterday, last week, or six months ago. I've grown</p> <p>69. For music to help express my moods.</p> <p>70. For living in an area that has much to offer</p> <p>71. That change is always constant</p> <p>72. For the amazing world we live in</p> <p>73. DBSA, the 12 step program for bipolars</p> <p>74. For the ability to have seen the world when I can</p> <p>75. For vegan versions of dairy products so I can have butter, ice cream, and milk</p> <p>76. For my body allowing me to feel and understand its power</p> <p>77. For not having an addictive personality</p> <p>78. For not being afraid to jump in with both feet</p> <p>79. For listening and often believing in myself</p> <p>80. For recognizing and respecting my limitations</p> <p>81. Being mindful of other people's feelings</p> <p>82. Using self-care when needed to keep me mentally and physically happy</p> <p>83. Being kind to myself</p> <p>84. For the ability to laugh at myself</p> <p>85. For being a dreamer and full of passion</p> <p>86. To tell people how grateful I am for <i>them</i></p> <p>87. For my strength to keep moving forward</p> <p>88. For the opportunities that have come to me</p> <p>89. For second chances</p> <p>90. For looking for inspiration in</p> | |
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<p>everything for anything</p> <p>91. Falling in love with everything and everyone I meet (Yes, even you.)</p> <p>92. For my organizational skills and making lists. Without those skills, <i>this</i> list wouldn't exist</p> <p>93. For the opportunities as they become available</p> <p>94. For keeping track of my life story via journals and memories</p> <p>95. For people who I've forgiven and those who have forgiven me</p> <p>96. For stories that have influenced or changed my life</p> <p>97. The things I love about myself, and the things I am not so fond of, as they make me, well, me</p> <p>98. Everything that I have yet to learn</p> <p>99. I am grateful for the sun, moon, and stars that are there when I want to dream about all the possible (and impossible) things</p> <p>100.</p>	
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