

# 15 Simple Everyday Moments to be Grateful For

Without fail, life gets even busier as the holidays approach. Our never-ending to-do lists become even longer, our calendars more full, and quiet moments to ourselves feel impossible. That's why it's vital to seize these tiny pockets of magic we may experience every day and take note of them, no matter how small or insignificant they may seem.



*Vlada Karporitch*

## Moments like:

1. Waking up to sunlight streaming through your bedroom curtains
2. Hitting all green lights while running errands
3. A hot shower on a chilly morning
4. Watching the steam rise from a pot of something nourishing cooking on the stove
5. An unexpected conversation with a stranger
6. That sigh of contentment when you're finally done with your tasks for the day
7. Getting that messy bun just right on the first try
8. The sound of cozy-scented candles crackling
9. Hearing the first notes of your favorite song
10. Finally starting that new book that's been sitting on your nightstand
11. Settling in to watch an episode of a beloved show you've watched more times than you can count
12. The feel of a dog or cat's nose pushing into your leg
13. Someone offering to take something off your plate
14. Slipping into your coziest loungewear after a long day
15. Catching a scent in the air that makes you feel nostalgic