

WHAT ARE THE *little things?*



WHAT ARE THE LITTLE THINGS?

You've probably heard your pastor, therapist, mom, and Pinterest all say this: "Enjoy the little things!"

You've probably seen it written on doormats, picture frames, and in scrapbooks. But have you really stopped to ask yourself if you *do* enjoy the little things? **If you feel like your life is mundane, boring, and meaningless, then you might be ignoring the little things in life that have become monotonous to you.** Here's your first lesson in appreciating the little things. Stop what you're doing for a few minutes, sit down, maybe grab a cup of coffee or a fuzzy blanket, and keep reading.

in this issue

What are the little things?

Wake up 25 minutes earlier.

Appreciate your home.

Pay attention to your food.

Small things count in relationships, too.

Notice nature.

Pay attention to your body.

Does this mean that the little things are actually...the big things?



key takeaways

“Waking up just a few minutes earlier helps you start your day more calmly and lets you appreciate the beautiful things that are usually missed in the chaos of the morning.”

WAKE UP 15 MINUTES EARLIER.

As unappealing as this might sound, it might actually become your favorite habit. Waking up just a few minutes earlier helps you start your day more calmly and lets you appreciate the beautiful things that are usually missed in the chaos of the morning. Take a moment to notice the smell and sound of coffee brewing, the sunrise in the pink sky, and the quietness of your house before little feet run up and down the hallways. Try reading a chapter of the Bible or a daily devotional while you have a moment to yourself before the demands of the day set in.

Being intentional with your morning helps you to be intentional with your day.



APPRECIATE YOUR HOME.

Many people aren't always happy with their home, they are always wanting to renovate or upgrade. Our homes can be the most comforting and stressful place in your life. It's where your family and loved ones are. You might be frustrated with your home because you can't keep up with the mess, or can't seem to keep your home organized.



With so many people working from home in 2020, your house might no longer be your place of rest but also your place of work. Sometimes, being home can cause more anxiety than peace. So try this instead.

First, be thankful for your home! Millions of people around the world aren't as lucky as you. You probably have a bed, a fridge to store more food than you could eat, and a safe space to make memories in with your family.

Second, remember the memories. Our homes tell stories. In them, relationships have been made, friendships have been built, and love has been shared. Sadly, sometimes our homes also have bad memories. Even the hard parts are written into the beautiful story of your home.

Notice the little things that you take for granted; your favorite fuzzy pillow on the couch, a sunlit spot by a window, the picture frames on the wall. **When you can learn to look at your home with appreciation, you will have more appreciation for the moments of your life that happen within it.**

key takeaways

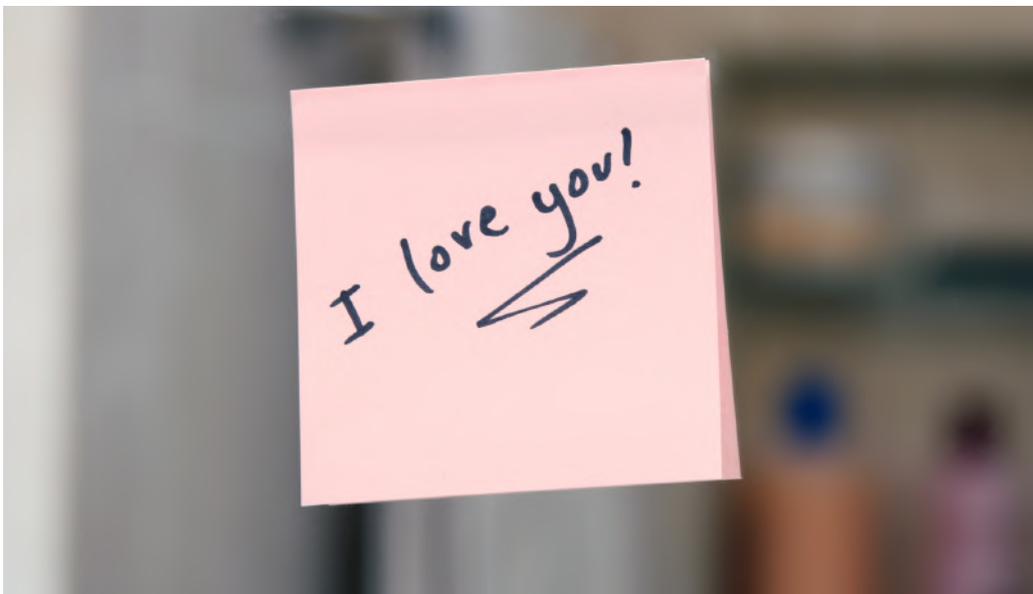
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PAY ATTENTION TO YOUR FOOD!

Sadly, many people have a bad relationship with food, and they don't appreciate eating the way that God intended us to. **God gave us a gift by making food taste yummy!** There's sour, salty, sweet, savory, smoky, spicy; and then you can mix them together and create new flavors. Of course eating healthy is important, but food should still be fun. Spend time tasting the different ingredients while you're cooking dinner, and be proud of the meal you created! Smell, taste, and appreciate the wonderful blessing that good food is.



SMALL THINGS COUNT IN RELATIONSHIPS, TOO!

Whether it's your significant other, friend, parent, or child, don't miss the small things. Remember the moment that your mom made you a snack, or your husband kissed you in the kitchen. Remember the first time your child said I love you, and the way they try to grab your face with messy fingers.

key takeaways

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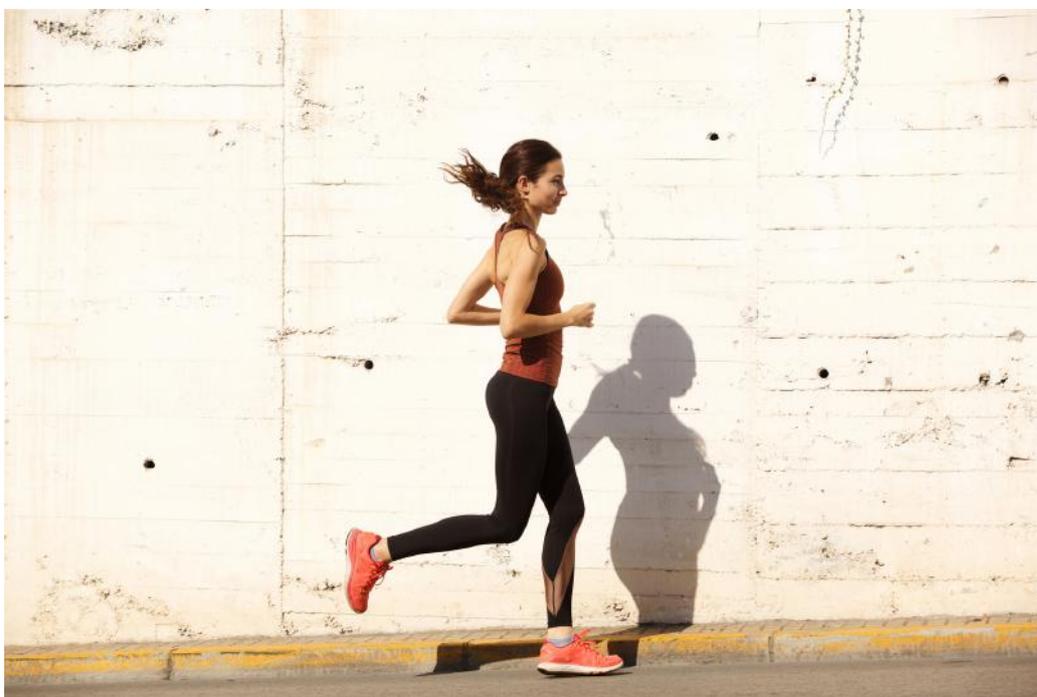
"God gave us a gift by making food taste yummy!"

No relationship is perfect, but a good one has plenty of small, special things that we take for granted. Sometimes, the simple expressions and professions of love are more special than the big, grandiose gestures.



NOTICE NATURE.

When you work on a computer or at a desk all day, sometimes you forget the beauty of nature right outside. You might say, "But Luz, outside where I live is ugly buildings, dirty streets, and mean people!" Well, even if you live in the city, look up at the sky! Notice the birds, the bees, and the persistent grass that peeks up between the cracks on the sidewalk. God created all of it for us to take care of and enjoy! (Genesis 1:28) **Spending time in nature can give you a renewed thankfulness for life and the world that God created.**



key takeaways

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"Notice the birds, the bees, and the persistent grass that peeks up between the cracks on the sidewalk. God created all of it for us to take care of and enjoy!"

PAY ATTENTION TO YOUR BODY.

This one is related to self-care. Pay attention to the fine-tuned work of art that is your body. Sure, some of us might have a few more squeaky wheels and rusty hinges than others, but your body is still a masterpiece. **Get this: there are an average of 30-40 trillion cells in the human body, which are each made up of thousands of tiny machines and systems that are more complex than a jet engine.** Your body "runs" all day, every day, without fail.

Sure, we live in a fallen world, and thus we experience sickness, broken bones, and even horrible things like cancer. However, remember that you are still God's work of art, and he said that his creation was "good". That means you! **He designed every aspect of your being with purpose and intention.** If that's not enough to make you stand in awe of Him, I don't know what to tell you!



DOES THIS MEAN THAT THE LITTLE THINGS ARE ACTUALLY...THE BIG THINGS?

I keep calling these special moments in life, "little things". But I would venture to say that there are no little things in life. **Every moment, every second that you have is a gift.** Once you truly internalize this appreciation for the moments that I've been talking about, they don't seem so little anymore.

key takeaways

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"He designed every aspect of your being with purpose and intention."

A sloppy wet kiss from your doggy friend of 15 years, a fistful of Cheerios your toddler proudly brings you, the little old couple sitting across from each other in the restaurant, and the slight kiss of pink in the early morning sky before sunrise. Even the not-so-fun things, like a long day at work, a week where the bills are hard to pay, or a sick baby.

In every moment, there is something to appreciate.

Even if it is just the privilege of experiencing the moment itself, appreciate it with all your heart.

Look at your life with new eyes, and realize that these little moments you might overlook are really the big things.



key takeaways

”Even if it is just the privilege of experiencing the moment itself, appreciate it with all your heart.”



Hi, I'm Luz!

Therapist, Christian, and coffee-lover. I'm on a mission to enrich the lives of those I encounter and I believe in the innate abilities of every person I work with. I would love to help you with your journey to feeling calm, balanced, and free again!