

Ask Yourself What You Can Do To Enjoy Some of This Day

Being open to exploring, playing, and adventuring out of your customary way can lead to a field of possibility.

Hummingbirds' Delight



*I look toward the unknown
When what used to be is gone
Dark Skies seem to be ominous all around.*

*What nourished me before
Was not filled by the back door
So I must fly further 'til nectar is found.*

*I know not what lies ahead
But my new purpose is waiting to be fed
As scary as it is, I must venture to be unbound.*

*Seeing a flowered meadow below
Sparkling brilliant colors with gold
An opportunity where today's joy can abound.*

*I would not have looked further
If the red feeder had been fuller
For satisfied with old ways would be just fine.*

*So I am grateful for being this way
Pushing myself to enjoy this very fine day
For life still has intent and the purpose is mine.*

There is a moment upon awakening that can feel empty with what will no longer live as a purpose in one's life when loss is overwhelming. In learning to accept what is "the new now", a new way to enjoy the day must be not only found but nurtured and created. It can feel like you are a tiny hummingbird returning from winter's sojourn only to find your red nectar feeder is no longer able to nurture your body and soul. Do you hang around hoping and waiting for food to come to you? Or do you adventure out to find other sources to foster yourself? I found that venturing and creating was the only way I could produce a new way of living, a new purpose for living and a new reason to rise up out of bed in the morning with a hunger to live again. But how do we find that new nectar of life that lets us reinvent ourselves? This is what I have learned:

- Become aware of my new self, of what I can and cannot do.
- Learn to let go of what I used to enjoy that I can no longer participate in.
- Think in terms of the smallest of joys that make me smile such as looking at flowers.
- Accept that for now, this is what the "new me" looks like and that only I can make possible something that I can enjoy on this day.

List 3 things that I could enjoy on this day:

1. _____
2. _____
3. _____

What are some things that I can enjoy, with planning, on another day:

1. _____
2. _____
3. _____

Learning to accept my new situation starts with small steps of learning to enjoy something small in every day. I can break down what I used to enjoy into small similar situations. For example: I used to be passionate about riding horses. Now I can watch the beautiful horses while they graze.

Journal Prompt: I have learned to accept these things about the new me and am still working on accepting these other things that are new to me.

Affirmation: I am the beautiful, luminous hummingbird and I can find or create something in this day to enjoy.