

Simple Gifts

Description

Routines can be great, but sometimes I feel like they stifle my creativity and ability to think outside the box. I had planned on going to the gym this morning which I try to do at least four times a week.

However I decided to take a walk outside on this 66 degree day in February which is almost unheard of for Kansas. Our mild temperatures have been a gift and I need to use it. I have so many gifts I don't use, and it becomes more and more evident to me as I declutter my home. I find when it comes to kitchen items the old 80/20 rule applies. I use 20% of what I own.

Instead of beating myself up about not going to the gym, I looked at it as an unexpected gift. A gift of more time to accomplish some things I've been wanting to get done and enjoy the outdoors.

Sometimes changes in plans can be a good thing if I choose to see them that way.

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