



Enjoy Every Moment

Description

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“
The best way to
pay for a lovely
moment is to
ENJOY it.”

Richard Bach



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I saw this quote on [Dawn Smith Designs instagram](#) feed and it immediately spoke to me. I have a lot of lovely moments in life, but I don't always enjoy them due to worry. It could be worry about the cost of things, timing or distractions. There is no shortage of things I can dream up to worry about. This quote is a reminder to stop worrying and just enjoy the moment.

I've had lots of fun and enjoyable moments this summer.



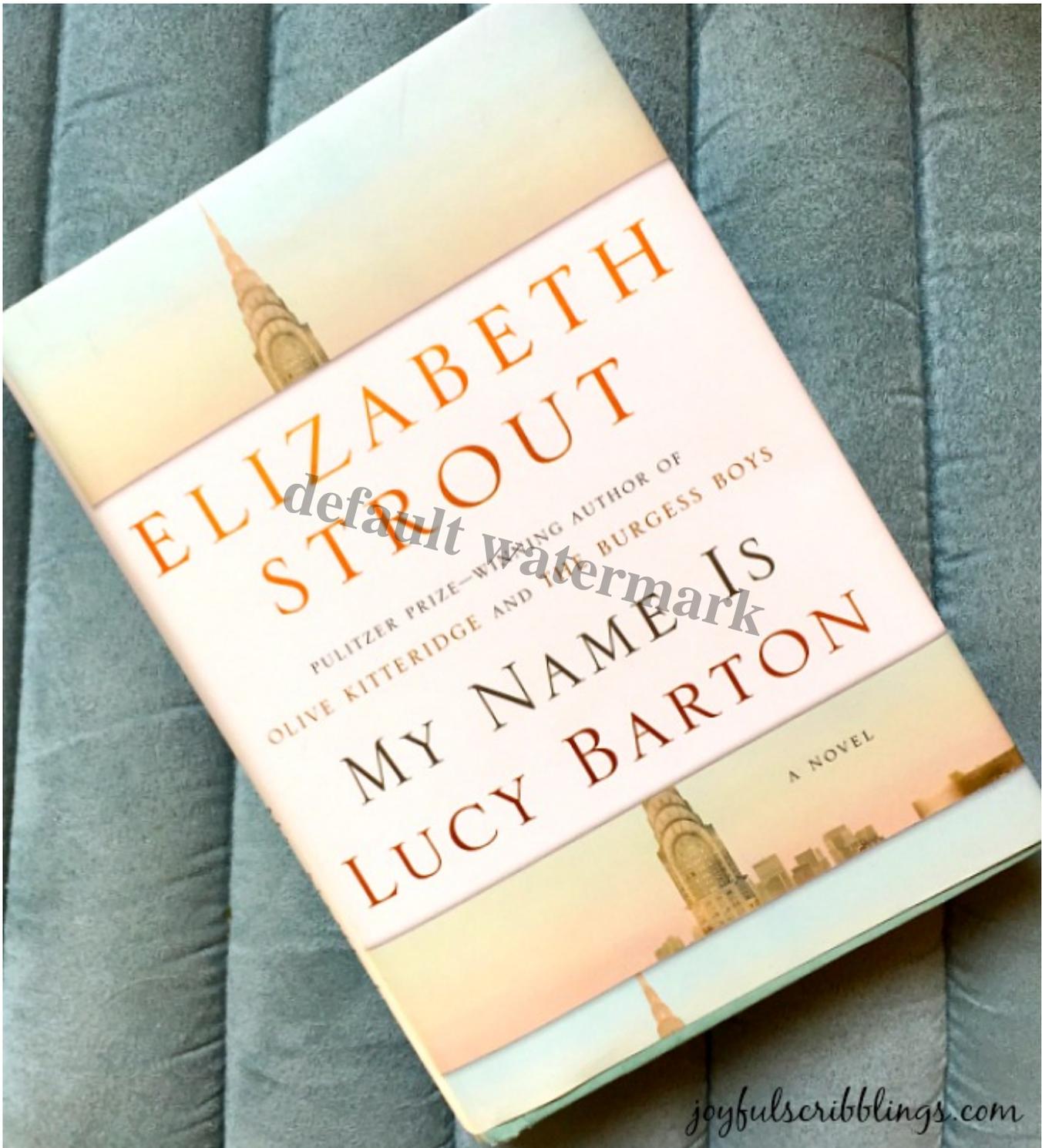
Celebrating my birthday with friends and not worrying about being one year away from the big 50.



Traveling to New England to visit good friends and enjoying the scenery. It also happens to be one of my favorite places in the United States.



Eating delicious food and focusing on enjoying every bite. My daughter actually ordered this croissant french toast at King's Restaurant in Newtown, Connecticut, but my meal was equally delicious and of course I had to sample hers. I've been trying to eat more healthy this summer, but if I'm going to indulge I want to enjoy my food and not feel guilty. I have some food sensitivities so I try not to go overboard. This dish has inspired me to make french toast using croissants the next time I make it, which unfortunately isn't very often.



I really enjoy reading and Iâ€™ve been carving out more time to read books. This book wasnâ€™t on [my summer reading list](#), but I read it in a few hours. Itâ€™s a quick read and I loved it. [My Name is Lucy Barton](#) is fictional, but it reminded me a lot of [The Glass Castle](#) which is one of my favorite books. Iâ€™ve added it to my collection of favorite books in [my shop](#).

If you follow me on [Instagram](#) and [Facebook](#) then you may have seen most of these photos there. Are you enjoying some of summerâ€™s simple joys? Tag me in your photos on instagram or email me at dawn@joyfulscribblings.com as part of my [July Get Out of Your Box Challenge](#).

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