

3 Friends



A Little Something To Know...

This is a little "thinking out loud" video. Wanted to share some back story.

One Fall afternoon 3 friends got together to just...be with each other. All 3 were going through big "teaching moments" in life (this is what they preferred to call them instead of "problems.")

They just happened to be sitting in the backyard under a holly tree and one of them needed to wrap boxes. The scene was set for what became a precious experience.

That was because all of their "teaching moments" were kinda big for one Fall afternoon. But they chose to focus on the same, sweet details instead. That's where the healing pause was waiting for them.

A Little Something To Journal About...

What if you chose to focus on the sweet details of your day? Try it for the day, an hour, a meeting or a conversation. See what shows up for you to write about.