

## A poem to celebrate and appreciate a Birthday or any day.

# To celebrate each and every day with Gratitude and Joy.

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As days go by we notice not how quickly the time is passing Then comes that day to celebrate our birth

It is then that we sense the speed of time gone by and things not done

Do not look at your day of birth with the regret of time gone by

Instead look closely at all good things done, whether large or small

Focus on those days of love and laughter

Linger joyfully on thoughts of good friends, loved ones and times of celebration
Allow the memories of love and laughter to bring joy to your entire being

Accept that every day is a gift, the present that we have the opportunity to unwrap with gratitude and joy

Each day we are offered more time to explore, love and experience all the positive wonders that this world has to offer

#### How Blessed Are We



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