



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

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

*Dot Campbell*

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## Poem Sizes

1 page of two 5 by 7 size

1 page of two 4 by 6 size

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## ***The Gift of Aging***

*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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