



Figs -- luscious, plump, purple, enjoyable through and through . . . sweet, mysterious treasures, delicate, moist, bursting forth magenta insides, awesome to behold, sparks of life that twinkle in your mouth. The fig produces fruit over a long season. You cannot pick all the figs at once. Similarly, to have a good life, you must gradually, little by little, do what matters.

DO SOMETHING, EVERY SINGLE DAY, THE SAME THING!

During the holiday season and beyond, lives are full. Making choices that are reflective of who you are and who you want to be can give you the life you want. A simple way to do this is to choose something that you care about and do it *every single day* -- something modest, doable on your own, and appealing. Choose something and try it for a month. Notice how your life is altered.

A few possibilities of the endless opportunities . . .

- Take one minute, each day, and look at the space between the leaves on the trees. In stillness and silence, your inner wisdom may emerge.
- Write a note/letter/card, even just a line or two, each day -- to a person you see regularly, haven't seen in a long time, or somewhere in between -- and say hello.
- Say thank you to three people for something every day.
- Do something for an unsuspecting stranger -- such as leaving some money to be found.
- Promote the good, however you envision that idea.
- Read, Sonja Lyubomirsky's, *The How of Happiness*, a practical guide to attaining happiness based on innovative scientific research. Take daily action based on your profile.

Wishing you a bountiful life!

Bonnie Bernell

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