

Widows Like Us

4 GREAT TOOLS TO HELP YOU GET STARTED

#2

Beauty

I am, by gift and trade, a writer. I do not mean to say that I am particularly gifted--but, that rather, I don't remember a time where I didn't see the world through writer's eyes. And this, my friends, has turned out to be an amazing gift to me.

I notice things.

I notice beauty.

I notice the little tells a person gives when they are upset, or falling in love, or planning a lie.

I notice intentions behind words and body language that doesn't match the words, and words that don't match a person's tone.

I can't help myself.

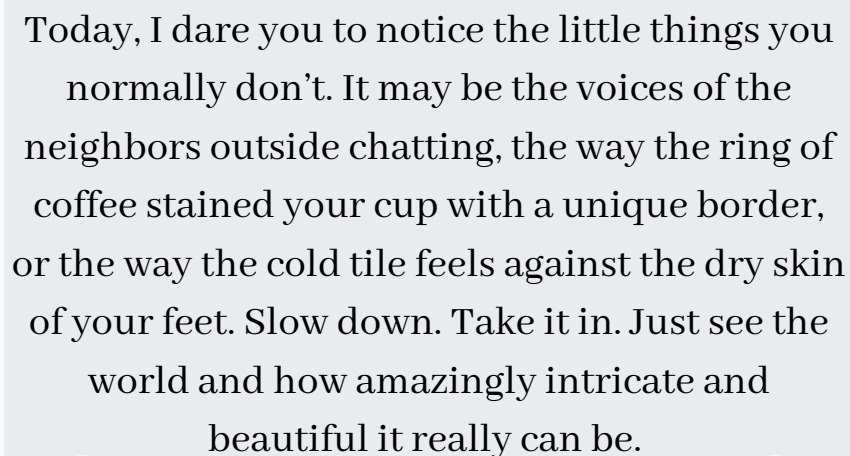
The world, to me, is full of breadcrumbs and beauty and mystery. All we have to do is notice.

That's what tool number 2 is all about.

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Beauty. your turn.



Today, I dare you to notice the little things you normally don't. It may be the voices of the neighbors outside chatting, the way the ring of coffee stained your cup with a unique border, or the way the cold tile feels against the dry skin of your feet. Slow down. Take it in. Just see the world and how amazingly intricate and beautiful it really can be.

Just really look.

Open your notebook again. Write the impressions you had today. Write down what was good. Write down what was beautiful. This record you are keeping, it will help. It will serve as a reminder on the days when nothing seems beautiful and everything seems lost.

It will remind you beauty is always all around you.
