

What are you grateful for and why

1. For my mother and father because they raised me in a safe environment where I was taken care of
2. For my ability to work out, move my body freely without limitations because it's a blessing that not everyone has, i get to experience the beauty of movement, i get to live through all types of experiences in full capacity thanks to God's grace
3. For the food I eat every day, the nutrient-dense delicious food, not everyone gets to eat as well as I do, there are so many people who are less fortunate and I'm lucky enough to be one of the fortunate ones, I don't ever have to complain about starving or not having enough to eat or drink, don't have to worry about my ribs showing from lack of food
4. I'm grateful for my little space in the corner, because I get to isolate myself from outside influences and be able to concentrate 100% and not leave anything