

2023 Blessings

Day 1	1/1	<i>focusing on daily blessings, new year, new beginnings</i>
Day 2	1/2	<i>waking up early ready to have a great day</i>
Day 3	1/3	<i>grateful for a new day</i>
Day 4	1/4	<i>warm & comfortable home</i>
Day 5	1/5	<i>listening to a friend</i>
Day 6	1/6	<i>early morning quietude</i>
Day 7	1/7	<i>ability to breathe and move your body any way you can</i>
Day 8	1/8	<i>family gatherings</i>
Day 9	1/9	<i>children & grandchildren</i>
Day 10	1/10	<i>a new day to enjoy to help others to live</i>
Day 11	1/11	<i>beautiful music allowing you to sing and dance freely</i>
Day 12	1/12	<i>nice clothes to keep you warm</i>
Day 13	1/13	<i>friends who are family, family who are friends</i>
Day 14	1/14	<i>eyes to see so much beauty</i>
Day 15	1/15	<i>hearing to listen to gorgeous sounds & the music of life</i>
Day 16	1/16	<i>sense of smell to enjoy the sweet aromas of life</i>
Day 17	1/17	<i>sense of touch so you feel hugs & the softness of life</i>
Day 18	1/18	<i>sense of taste to enjoy delicious food to nourish your body</i>
Day 19	1/19	<i>controlling your mind with calming thoughts</i>
Day 20	1/20	<i>home where you feel safe and at peace</i>
Day 21	1/21	<i>knowledge which is so powerful</i>
Day 22	1/22	<i>exercise to keep you healthy</i>
Day 23	1/23	<i>your breath which is your life force & great way to calm</i>
Day 24	1/24	<i>clean water to hydrate you inside and out</i>
Day 25	1/25	<i>love is everywhere, give it, receive it</i>
Day 26	1/26	<i>faith which can bring you eternal peace</i>
Day 27	1/27	<i>good restful sleep to get you ready for a productive day</i>
Day 28	1/28	<i>ability to move and breathe</i>
Day 29	1/29	<i>respect for yourself and others</i>
Day 30	1/30	<i>sharing a meal with dear friends</i>
Day 31	1/31	<i>patience, trusting the process</i>
Day 32	2/1	<i>forgiveness for yourself and others, move on & be happy</i>
Day 33	2/2	<i>hugs for comfort, for love, for compassion</i>
Day 34	2/3	<i>loving thoughts, so very powerful</i>
Day 35	2/4	<i>hard work, it teaches you so much</i>
Day 36	2/5	<i>being happy for others not envious or jealous</i>
Day 37	2/6	<i>helping people which changes you</i>
Day 38	2/7	<i>sunshine for supreme health for warmth for happiness</i>
Day 39	2/8	<i>early morning quietude</i>
Day 40	2/9	<i>pets who truly show unconditional love</i>
Day 41	2/10	<i>rain to nourish the earth</i>
Day 42	2/11	<i>patience to allow the right thing to happen</i>
Day 43	2/12	<i>hiking in nature makes the soul happy</i>
Day 44	2/13	<i>sweet dreams</i>
Day 45	2/14	<i>love love love</i>
Day 46	2/15	<i>hard times to teach us resilience</i>
Day 47	2/16	<i>sunshine to warm your heart and nourish your body</i>
Day 48	2/17	<i>kindness for all beings</i>
Day 49	2/18	<i>yoga for balance strength and peace of mind</i>
Day 50	2/19	<i>everyday you can wake up and serve your purpose</i>
Day 51	2/20	<i>sharing a smile</i>
Day 52	2/21	<i>believing in yourself that you can do anything</i>
Day 53	2/22	<i>love wins all battles</i>
Day 54	2/23	<i>respect for all beings including yourself</i>
Day 55	2/24	<i>faith that God always provides</i>
Day 56	2/25	<i>being positive in all situations</i>
Day 57	2/26	<i>learning from mistakes</i>
Day 58	2/27	<i>patience and trusting the process</i>
Day 59	2/28	<i>being grateful exactly where you are today</i>
Day 60	3/1	<i>kind gestures towards yourself and others</i>
Day 61	3/2	<i>being healthy and strong both physically and mentally</i>
Day 62	3/3	<i>honesty because the truth will set you free</i>
Day 63	3/4	<i>learning new things everyday</i>
Day 64	3/5	<i>nurturing and loving children to help enhance their lives</i>
Day 65	3/6	<i>being persistent to make things happen</i>
Day 66	3/7	<i>being respectful to all beings</i>
Day 67	3/8	<i>facing fears with faith</i>
Day 68	3/9	<i>trusting the process</i>

Day 69	3/10	<i>knowledge learn something new everyday</i>
Day 70	3/11	<i>spring forward into more daylight</i>
Day 71	3/12	<i>forgiveness for others and especially yourself</i>
Day 72	3/13	<i>self care, the best health care</i>
Day 73	3/14	<i>finding peace in every situation</i>
Day 74	3/15	<i>helping others which helps you</i>
Day 75	3/16	<i>the gift of hope</i>
Day 76	3/17	<i>lessons in life which teach you resilience</i>
Day 77	3/18	<i>believing in yourself and all the great things you can do</i>
Day 78	3/19	<i>love blooms like flowers in the spring through kindness</i>
Day 79	3/20	<i>love wins all battles</i>
Day 80	3/21	<i>being happy it's your choice</i>
Day 81	3/22	<i>healing power of love</i>
Day 82	3/23	<i>be free from vindictive thinking, forgive and move on</i>
Day 83	3/24	<i>longer days to be in nature and breathe in God's beauty</i>
Day 84	3/25	<i>elders who you can learn so much from</i>
Day 85	3/26	<i>nighttime walks looking at the moon and stars</i>
Day 86	3/27	<i>believing in what's good instead of what's bad in the world</i>
Day 87	3/28	<i>each new day is a gift with so much possibility</i>
Day 88	3/29	<i>faith and fear don't work together, faith brings peace</i>
Day 89	3/30	<i>deep breaths to calm and soothe the mind</i>
Day 90	3/31	<i>unconditional love which is the greatest gift</i>
Day 91	4/1	<i>being healthy and pain free</i>
Day 92	4/2	<i>early morning quietude</i>
Day 93	4/3	<i>empowering others to believe in themselves</i>
Day 94	4/4	<i>patience</i>
Day 95	4/5	<i>changes in life to develop strength and fortitude</i>
Day 96	4/6	<i>change is good it helps you grow</i>
Day 97	4/7	<i>being happy with what you have</i>
Day 98	4/8	<i>believing in what's good and right in the world</i>
Day 99	4/9	<i>unconditional love for all beings</i>
Day 100	4/10	<i>friends, laughter & great memories</i>
Day 101	4/11	<i>a new day to start over and accomplish your dreams</i>
Day 102	4/12	<i>healthy food to keep you strong healthy & vibrant</i>
Day 103	4/13	<i>facing obstacles with positivity and grace</i>
Day 104	4/14	<i>smiles a simple way to share joy</i>
Day 105	4/15	<i>a new day which is always a beautiful gift</i>
Day 106	4/16	<i>being outside to see so much beauty & healing nature</i>
Day 107	4/17	<i>kindness always wins</i>
Day 108	4/18	<i>loving exactly who you are</i>
Day 109	4/19	<i>finding strength even in the hardest situations</i>
Day 110	4/20	<i>spring flowers such glorious beauty</i>
Day 111	4/21	<i>breathing deeply</i>
Day 112	4/22	<i>listening to rain</i>
Day 113	4/23	<i>quiet rainy days</i>
Day 114	4/24	<i>yoga and the many ways this practice heals and restores</i>
Day 115	4/25	<i>going for a walk, listening to nature</i>
Day 116	4/26	<i>walking in the rain</i>
Day 117	4/27	<i>being in love</i>
Day 118	4/28	<i>kindness towards yourself and others</i>
Day 119	4/29	<i>learning new things</i>
Day 120	4/30	<i>spending time with grandchildren, so precious</i>
Day 121	5/1	<i>respect for everyone</i>
Day 122	5/2	<i>watching your child grown into a beautiful adult</i>
Day 123	5/3	<i>taking a moment to smell the flowers</i>
Day 124	5/4	<i>patience and trusting the process</i>
Day 125	5/5	<i>birds singing</i>
Day 126	5/6	<i>seeing everyday as a gift</i>
Day 127	5/7	<i>lifelong friends</i>
Day 128	5/8	<i>spring & gorgeous weather</i>
Day 129	5/9	<i>watching a sunrise</i>
Day 130	5/10	<i>being healthy and strong</i>
Day 131	5/11	<i>helping others</i>
Day 132	5/12	<i>pets and their unconditional love</i>
Day 133	5/13	<i>a new day to serve your purpose</i>
Day 134	5/14	<i>divine mothers</i>
Day 135	5/15	<i>picnics by a lake</i>
Day 136	5/16	<i>loving what you do so it's not considered work</i>
Day 137	5/17	<i>being happy everyday</i>

Day 138	5/18	<i>forgiveness towards yourself and others</i>
Day 139	5/19	<i>being patient with your body</i>
Day 140	5/20	<i>a new day to start over</i>
Day 141	5/21	<i>when you learn you teach</i>
Day 142	5/22	<i>good night's sleep</i>
Day 143	5/23	<i>enough food to eat and share with others</i>
Day 144	5/24	<i>quiet mornings</i>
Day 145	5/25	<i>being in love</i>
Day 146	5/26	<i>wisdom from life experiences</i>
Day 147	5/27	<i>being at peace in your home</i>
Day 148	5/28	<i>the gift of life</i>
Day 149	5/29	<i>friends and family</i>
Day 150	5/30	<i>freedom in your mind to think happy thoughts</i>
Day 151	5/31	<i>being gentle and kind with yourself</i>
Day 152	6/1	<i>finding peace in every situation</i>
Day 153	6/2	<i>listening to nature</i>
Day 154	6/3	<i>a new day to accomplish new goals</i>
Day 155	6/4	<i>beauty and sweet smell of flowers</i>
Day 156	6/5	<i>helping people which helps you</i>
Day 157	6/6	<i>believing in yourself to do anything you dream of</i>
Day 158	6/7	<i>having enough food to eat</i>
Day 159	6/8	<i>seeing everything with pure joy</i>
Day 160	6/9	<i>freedom to think positive and happy thoughts</i>
Day 161	6/10	<i>healthy bodies and minds</i>
Day 162	6/11	<i>focusing on goals to accomplish your dreams</i>
Day 163	6/12	<i>believing in what's good in people</i>
Day 164	6/13	<i>dancing with your beloved</i>
Day 165	6/14	<i>starting a new day with positivity</i>
Day 166	6/15	<i>new beginnings</i>
Day 167	6/16	<i>being proud of your accomplishments</i>
Day 168	6/17	<i>love for all beings</i>
Day 169	6/18	<i>strong and faithful fathers</i>
Day 170	6/19	<i>ability to do hard work</i>
Day 171	6/20	<i>beautiful flowers</i>
Day 172	6/21	<i>learning from the things in life that are hard</i>
Day 173	6/22	<i>helping people smile</i>
Day 174	6/23	<i>getting rid of things you don't need</i>
Day 175	6/24	<i>a new home</i>
Day 176	6/25	<i>new beginnings</i>
Day 177	6/26	<i>help from dear friends</i>
Day 178	6/27	<i>getting rid of things that don't serve a purpose you need</i>
Day 179	6/28	<i>meditation to calm quiet and find clarity</i>
Day 180	6/29	<i>seeing everyone the same as a beautiful human being</i>
Day 181	6/30	<i>a new day which is a tremendous gift</i>
Day 182	7/1	<i>new beginnings</i>
Day 183	7/2	<i>strength that dwells inside</i>
Day 184	7/3	<i>hard work which humbles you</i>
Day 185	7/4	<i>nature and the gifts it provides us</i>
Day 186	7/5	<i>rise above all negativity and hatred</i>
Day 187	7/6	<i>living simple not complicated</i>
Day 188	7/7	<i>remaining calm when life gets hard</i>
Day 189	7/8	<i>master your craft then share it with others</i>
Day 190	7/9	<i>a new day to serve your purpose</i>
Day 191	7/10	<i>new garden blooms</i>
Day 192	7/11	<i>good night's sleep</i>
Day 193	7/12	<i>facing challenges with strength and fortitude</i>
Day 194	7/13	<i>loving everyone equally</i>
Day 195	7/14	<i>correcting mistakes by not repeating them</i>
Day 196	7/15	<i>being grateful for a new day</i>
Day 197	7/16	<i>putting your hands in the earth</i>
Day 198	7/17	<i>exercise to keep the body in supreme health</i>
Day 199	7/18	<i>breathing deeply</i>
Day 200	7/19	<i>showing compassion</i>
Day 201	7/20	<i>patience</i>
Day 202	7/21	<i>love wins all battles</i>
Day 203	7/22	<i>hard work humbles you</i>
Day 204	7/23	<i>finding and serving your purpose in life</i>
Day 205	7/24	<i>accepting help from others</i>
Day 206	7/25	<i>noticing blessings not burdens</i>

Day 207	7/26	<i>believe in what's good by staying positive</i>
Day 208	7/27	<i>friends who are family</i>
Day 209	7/28	<i>being a good human to others and yourself</i>
Day 210	7/29	<i>practicing ahimsa non-harming towards yourself and others</i>
Day 211	7/30	<i>spending time with family</i>
Day 212	7/31	<i>working in the yard creating natural beauty</i>
Day 213	8/1	<i>loving all even your enemies</i>
Day 214	8/2	<i>being in love</i>
Day 215	8/3	<i>lifelong friends</i>
Day 216	8/4	<i>ability to make someone smile and be happy</i>
Day 217	8/5	<i>being joyful with what you have</i>
Day 218	8/6	<i>a new day to live and be happy</i>
Day 219	8/7	<i>movement is key to a healthy body</i>
Day 220	8/8	<i>quiet early mornings</i>
Day 221	8/9	<i>chanting mantra to calm the mind</i>
Day 222	8/10	<i>faith that God has the right plan for you</i>
Day 223	8/11	<i>being honest</i>
Day 224	8/12	<i>waking up to a new day</i>
Day 225	8/13	<i>healthy body and mind</i>
Day 226	8/14	<i>healthy food and exercise is your best medicine</i>
Day 227	8/15	<i>being ok exactly where you are</i>
Day 228	8/16	<i>helping others which helps you</i>
Day 229	8/17	<i>taking responsibility for your actions</i>
Day 230	8/18	<i>enough food, good home & peace in your heart</i>
Day 231	8/19	<i>finding happiness & joy from inside you</i>
Day 232	8/20	<i>working in the yard</i>
Day 233	8/21	<i>laughter</i>
Day 234	8/22	<i>seeing your child as a beautiful adult</i>
Day 235	8/23	<i>early morning meditation</i>
Day 236	8/24	<i>faith in God</i>
Day 237	8/25	<i>the breath which can calm and heal</i>
Day 238	8/26	<i>listening to music to soothe your soul</i>
Day 239	8/27	<i>a new day to celebrate and embrace</i>
Day 240	8/28	<i>waking up early to start your day</i>
Day 241	8/29	<i>gratitude for all aspects of life</i>
Day 242	8/30	<i>seeing everyone the same</i>
Day 243	8/31	<i>just love it's simple</i>
Day 244	9/1	<i>mantra, repeating a phrase or word to calm the mind</i>
Day 245	9/2	<i>putting your hands in the earth</i>
Day 246	9/3	<i>sunshine on your face</i>
Day 247	9/4	<i>make the world a better place with your presence</i>
Day 248	9/5	<i>being in the present moment</i>
Day 249	9/6	<i>patience with the body</i>
Day 250	9/7	<i>learning from your mistakes</i>
Day 251	9/8	<i>bringing light to the dark</i>
Day 252	9/9	<i>being happy it's your choice</i>
Day 253	9/10	<i>believing in what's good</i>
Day 254	9/11	<i>good nutritious food to nourish your body & soul</i>
Day 255	9/12	<i>faith to carry you through all things in life</i>
Day 256	9/13	<i>service work to help others</i>
Day 257	9/14	<i>learning from your elders</i>
Day 258	9/15	<i>being happy even when it's hard</i>
Day 259	9/16	<i>kindness to all beings</i>
Day 260	9/17	<i>loving yourself first then you're able to love others</i>
Day 261	9/18	<i>being in love</i>
Day 262	9/19	<i>waking up to a new day</i>
Day 263	9/20	<i>being kind in your thoughts words & actions</i>
Day 264	9/21	<i>home where you feel safe & at peace</i>
Day 265	9/22	<i>sharing knowledge</i>
Day 266	9/23	<i>spending time with loved ones</i>
Day 267	9/24	<i>sunshine warming your soul</i>
Day 268	9/25	<i>bringing love everywhere</i>
Day 269	9/26	<i>practicing humility</i>
Day 270	9/27	<i>respecting other peoples choices</i>
Day 271	9/28	<i>healthy food choices</i>
Day 272	9/29	<i>freedom to make good choices</i>
Day 273	9/30	<i>prayers</i>
Day 274	10/1	<i>learning more ways to help others</i>
Day 275	10/2	<i>3 strong words "I love you"</i>

Day 276	10/3	<i>reading holy scriptures</i>
Day 277	10/4	<i>comforting others who are suffering</i>
Day 278	10/5	<i>laughter with dear friends</i>
Day 279	10/6	<i>chanting OM for peace</i>
Day 280	10/7	<i>getting restful sleep</i>
Day 281	10/8	<i>family time together</i>
Day 282	10/9	<i>hiking in nature</i>
Day 283	10/10	<i>prayers for peace</i>
Day 284	10/11	<i>believing in what's good in the world</i>
Day 285	10/12	<i>taking care of yourself so you can take care of others</i>
Day 286	10/13	<i>always looking for a positive outcome</i>
Day 287	10/14	<i>putting hands in the earth</i>
Day 288	10/15	<i>hiking after a rain breathing deeply</i>
Day 289	10/16	<i>breathing deeply</i>
Day 290	10/17	<i>learning something new</i>
Day 291	10/18	<i>a warm safe home</i>
Day 292	10/19	<i>a nice walk in the sun</i>
Day 293	10/20	<i>waking up early to start a new day</i>
Day 294	10/21	<i>restorative yoga</i>
Day 295	10/22	<i>dates with your beloved</i>
Day 296	10/23	<i>spending time with dear friends</i>
Day 297	10/24	<i>good health</i>
Day 298	10/25	<i>being content exactly where you are</i>
Day 299	10/26	<i>being humble & kind to all beings</i>
Day 300	10/27	<i>treating everyone with respect including yourself</i>
Day 301	10/28	<i>being outside soaking in Mother Nature</i>
Day 302	10/29	<i>talking to God</i>
Day 303	10/30	<i>planting flowers</i>
Day 304	10/31	<i>faith always conquers fear</i>
Day 305	11/1	<i>chanting OM the universal sound</i>
Day 306	11/2	<i>moving your body everyday for supreme health</i>
Day 307	11/3	<i>feeding your soul with spiritual knowledge</i>
Day 308	11/4	<i>cooking for others</i>
Day 309	11/5	<i>family & friends</i>
Day 310	11/6	<i>holding someone suffering in your heart</i>
Day 311	11/7	<i>developing humility</i>
Day 312	11/8	<i>meditation to calm & quiet the busy mind</i>
Day 313	11/9	<i>love that comes from your heart</i>
Day 314	11/10	<i>practicing compassion for everyone</i>
Day 315	11/11	<i>never give up & quit, practice fortitude</i>
Day 316	11/12	<i>bring joy to others in need</i>
Day 317	11/13	<i>stimulating your brain to learn new things</i>
Day 318	11/14	<i>thinking positive instead of negativity</i>
Day 319	11/15	<i>ability to move and breathe</i>
Day 320	11/16	<i>fulfilling your quest in life</i>
Day 321	11/17	<i>gardening and putting hands in the earth</i>
Day 322	11/18	<i>sweet dreams</i>
Day 323	11/19	<i>riding a bike feeling free like a child</i>
Day 324	11/20	<i>having enough food to eat</i>
Day 325	11/21	<i>being content exactly where you are</i>
Day 326	11/22	<i>a brand new day to do brand new things</i>
Day 327	11/23	<i>being grateful everyday</i>
Day 328	11/24	<i>spending time with love ones</i>
Day 329	11/25	<i>cooking for people</i>
Day 330	11/26	<i>spending time with longtime friends</i>
Day 331	11/27	<i>enjoying family gatherings</i>
Day 332	11/28	<i>waking up to a new day to serve your purpose</i>
Day 333	11/29	<i>self realization</i>
Day 334	11/30	<i>warm home</i>
Day 335	12/1	<i>listening to your body & slowing down when needed</i>
Day 336	12/2	<i>moving your body for supreme health</i>
Day 337	12/3	<i>being a mother, grandmother, aunt & all the many roles in life</i>
Day 338	12/4	<i>love for all beings</i>
Day 339	12/5	<i>finding joy in simple things</i>
Day 340	12/6	<i>leaving things better than you found them</i>
Day 341	12/7	<i>good night's sleep</i>
Day 342	12/8	<i>teaching what you know that can help others</i>
Day 343	12/9	<i>new day to change the world</i>
Day 344	12/10	<i>lifetime friends that are family</i>

<i>Day 345</i>	<i>12/11</i>	<i>kindness of others</i>
<i>Day 346</i>	<i>12/12</i>	<i>kind thoughts and intentions</i>
<i>Day 347</i>	<i>12/13</i>	<i>strength that comes within</i>
<i>Day 348</i>	<i>12/14</i>	<i>learning something new everyday</i>
<i>Day 349</i>	<i>12/15</i>	<i>breathing deeply</i>
<i>Day 350</i>	<i>12/16</i>	<i>helping people which helps you</i>
<i>Day 351</i>	<i>12/17</i>	<i>finding strength when it's hard</i>
<i>Day 352</i>	<i>12/18</i>	<i>rising above all negativity</i>
<i>Day 353</i>	<i>12/19</i>	<i>kindness, humility & being humble</i>
<i>Day 354</i>	<i>12/20</i>	<i>warm home warm heart</i>
<i>Day 355</i>	<i>12/21</i>	<i>spending time with loved ones</i>
<i>Day 356</i>	<i>12/22</i>	<i>cooking for others</i>
<i>Day 357</i>	<i>12/23</i>	<i>singing to bring joy to your heart</i>
<i>Day 358</i>	<i>12/24</i>	<i>watching your child nurturing their children</i>
<i>Day 359</i>	<i>12/25</i>	<i>birth of Jesus Christ</i>
<i>Day 360</i>	<i>12/26</i>	<i>holidays to rest & rejuvenate</i>
<i>Day 361</i>	<i>12/27</i>	<i>newborn babies</i>
<i>Day 362</i>	<i>12/28</i>	<i>love for all beings</i>
<i>Day 363</i>	<i>12/29</i>	<i>knowledge that is power</i>
<i>Day 364</i>	<i>12/30</i>	<i>waking up to a new day</i>
<i>Day 365</i>	<i>12/31</i>	<i>a new year to embrace love & find peace</i>