

**Being Grateful
Before The
Event Happens**

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Being Grateful Before The Event Happens

*For everyone who has ever waited
to feel good until they had a reason to.*

Blurt Snodgrass

a 321Lumina.com book

*For everyone who has ever waited
to feel good
until they had a reason to.*

Love Gratitude
Joy Inspiration

As a group you find them
in the good times and the bad times.

It is a force field.

It's around you, within you,
and beyond you.

...

Maya

Before her first marathon Maya couldn't sleep. In her thoughts she ran the race. She felt her body running every mile. Win or lose it would be a wonderful experience. She was grateful for the opportunity before it had even begun.

The force field was already there.

It had always been there.

...

Mia

Mia's college acceptance letters hadn't arrived yet. Her friends were anxious, checking their phones every hour. Mia was different. Whatever came, she had worked hard, she had tried her best, and something good was already on its way to her.

She didn't get accepted.

She wasn't disappointed.

What was meant for her was still coming. The door that didn't open was never her door.

She was grateful before the letter arrived.

She was grateful after.

...

The Coach

Before the championship game the coach gathered her team.

Right now, she said, before the whistle blows — be grateful. For each other. For the work you did to get here. For the fact that you get to play at all.

They were.

They won.

Gratitude was always there.

...

James

James was scheduled for surgery on Tuesday. He was scared. He didn't pretend otherwise.

But love was there. Gratitude was there. For the people around him. For the body that had carried him this far. For something he couldn't name but could feel.

It was there around him, within him, and beyond him. It was always there.

The surgery went well.

...

Rosa

Rosa had never spoken in front of a crowd before. She didn't know if her words would land.

But she was grateful for the chance before a single word had left her mouth. Grateful for the idea she was carrying. Grateful for the people in the room.

The field was there. It engulfed her. She played in it.

When she finished she didn't need the applause to tell her it had mattered.

She already knew.

...

Love Gratitude
Joy Inspiration

As a group you find them in the good times and the bad
times.

It is a force field.

It's around you, within you, and beyond you.

Gratitude is a part of that force field
we play in like sunshine, like gravity.

*Being grateful before the event happens
is not a technique.*

It is not something you do.

It is something that is already there.

**I love everybody.
I'm grateful and happy.**

*Love Gratitude
Joy Inspiration
empower my life.*

Before the event.

During the event.

After the event.

Always.

...

Thank you for reading.

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