

“We're all stories, in the end.”

— *Steven Moffat*

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There are two ways to live out a beautiful story & a beautiful life:

***The first*** is to change our darker stories into better ones. Something you've done all week now. ***But the second*** way is to simply remember and live out all the beautiful stories we already have & often take for granted.

We get hung up on our stories around our worst fears, anxieties and losses.... And we forget all the beautiful stories of family, of love, of pets, of warm homes and crisp sheets we all carry with us.

Even those who've lived through the unthinkable, not only still have a beautiful story, they hold those stories closer to them, then any of the bad ones:

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*"I don't think of all the misery but of the beauty that still remains."*

— **Anne Frank**

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***So that is your Adventure for this weekend:*** Go back to one of your beautiful stories.... Maybe it's that you're a great mom, or a fantastic baker, or that you have a great sense of humor, and plan a mini date for yourself involving that story... One where you know you'll come out a winner.

Maybe you plan a date baking because you know you are a great baker. Or maybe you watch a funny movie you love, because you know you love to laugh, or a date with your family photo album bc it reminds you of how lucky you are to have your family, etc.