



Take Time
to Smell the
Roses

31-Day Journal



A Gift to You from D'vorah
ShareYourBrilliance.com



Community Responses to the Question:

"What do you do to take time to smell the roses?"

"For me, it's a luxurious bubble bath or a short getaway!"

~Karen B.

"My garden is what gives me peace. I added 4 rose bushes to my collection this mother's day so I can literally smell the roses".

~Priscilla B.

"Taking time to "smell the roses" is indeed important. We can use this time to relax and feel rejuvenated so that we actually make better and faster progress with our necessary activities."

~Mary S.

"Read a book, take a walk or short hike, do something creative like color, draw, or crochet, and lately I've been building LEGO sets in the evening!"

~Michelle

"I love flowers of all kinds and I enjoy photographing them. It is difficult to take time and smell the roses when we are all so busy."

~Janet R.

"Sitting outside and enjoying a tasty hot beverage."

~Joanna D.





Community Responses to the Question:

"What do you do to take time to smell the roses?"

"One thing I do to "smell the roses" is to dance / walk the length of our long driveway....greeting the llamas, enjoying the lotus blooms in the pond and breathing in the fresh air along the way."

~Jan

"I spend time cuddling with my cat, Sheba. It also feels good to watch her play. It also helps to spend time near the water. Whether a river, lake, or the ocean. Even pictures of water will calm me."

~Tina P.

"Spending time with my friends and family doing something we all enjoy. today it was going to the local farmer's market. Seeing all of the locally crafted products and getting our first Palisade peaches of the season. So relaxing and fun."

~Shana S.

"My enjoyment is graphic creation, coloring, creating coloring patterns and mandalas, and lots of streaming. I love the crime dramas and enjoy watching the ones from years ago."

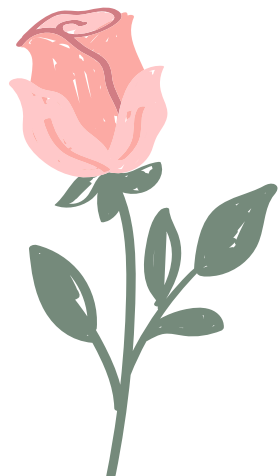
~Roz

"I like to walk around our 3.3 acre property with my dog. About 2.5 acres of it is wild but we mow out a trail along the property for my dog and me to take a walk."

~Deb K.



What "Take Time to Smell the Roses" Means to Me



Daily Journal

Date: _____

The Best Part of My Day

What I Did to Smell the Roses Today

What I'm Grateful for Today



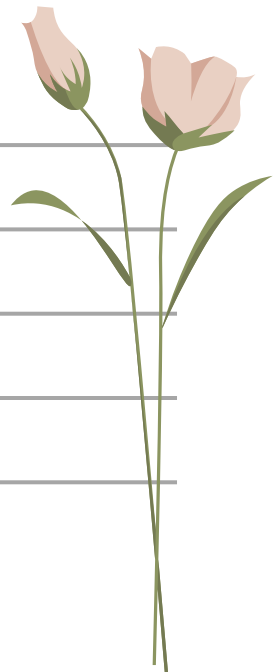
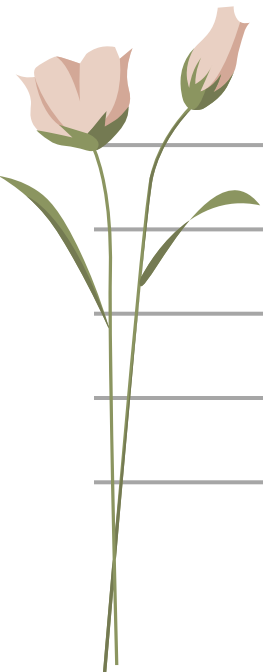
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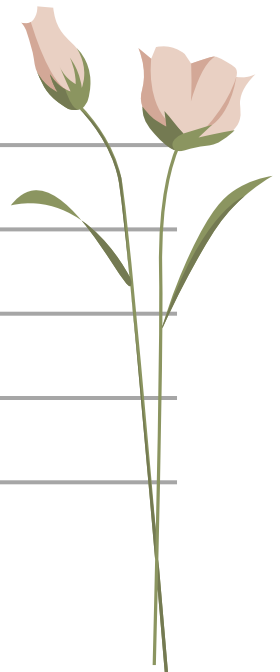
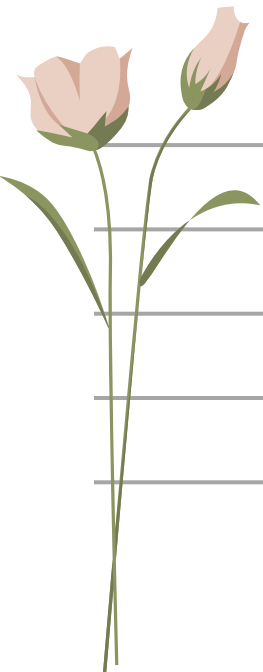
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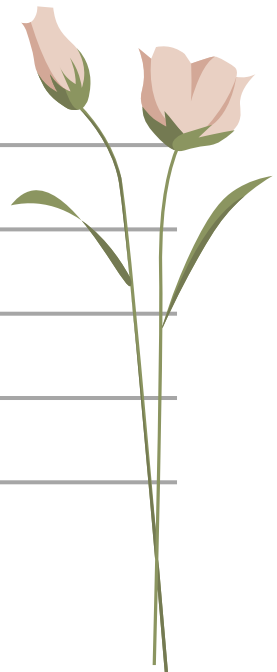
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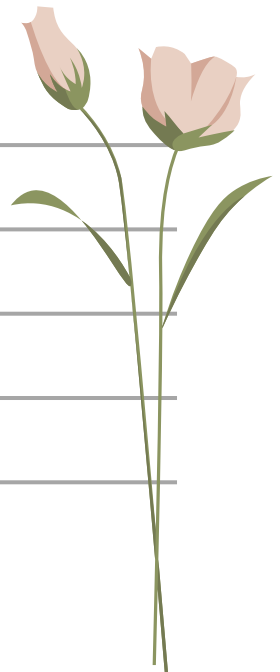
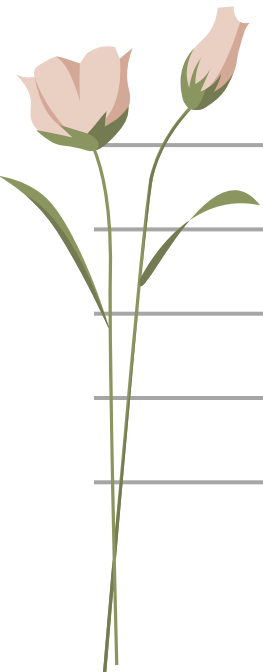
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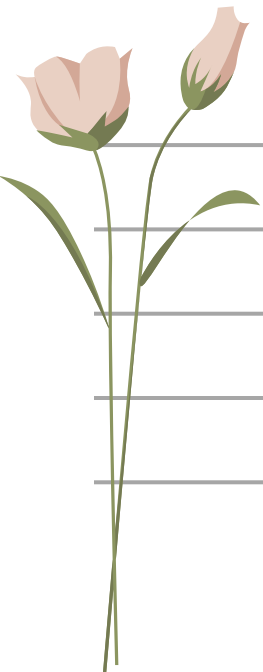
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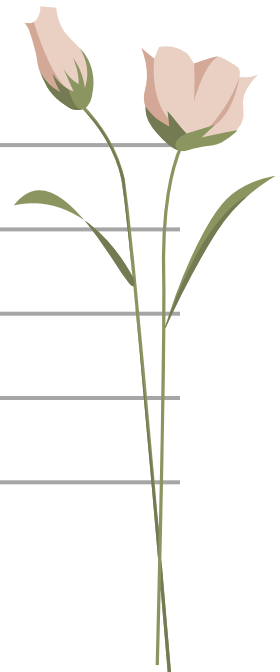
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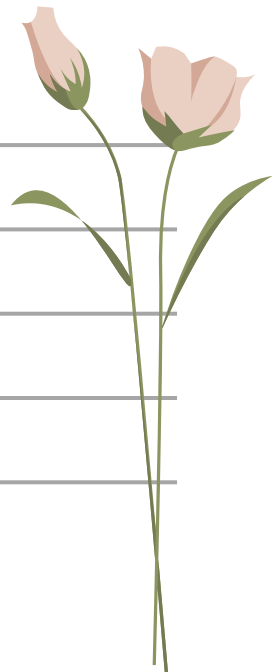
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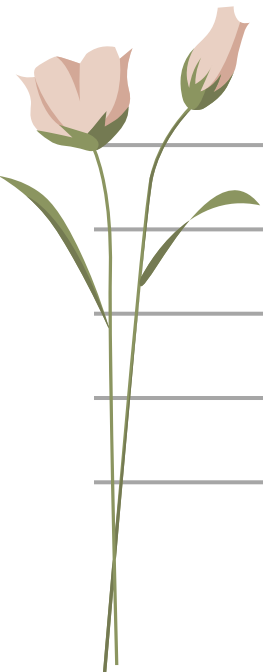
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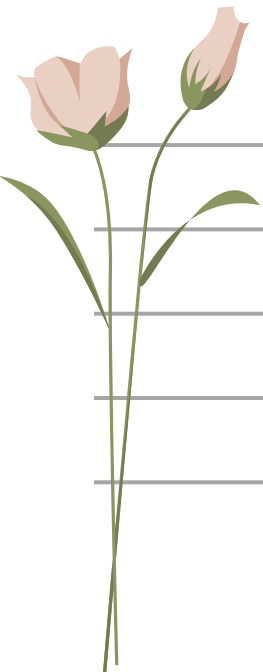
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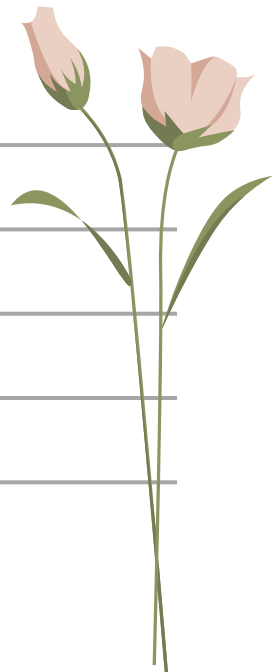
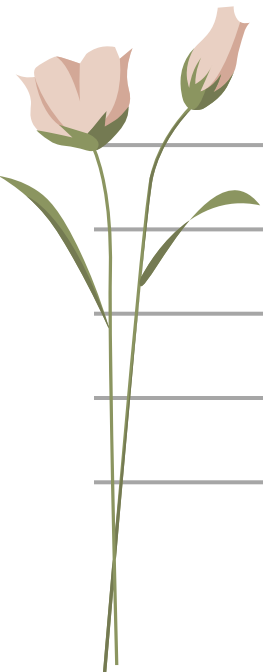
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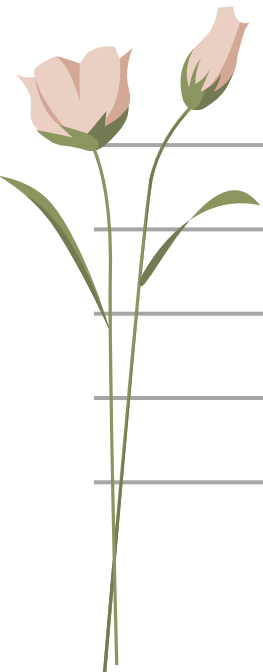
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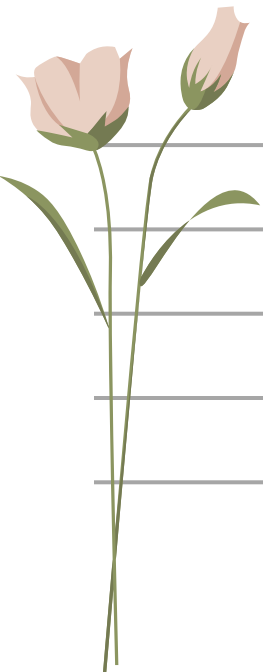
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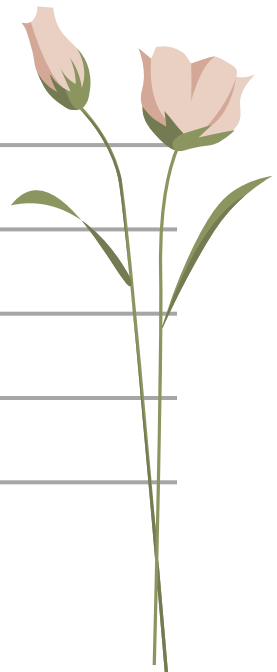
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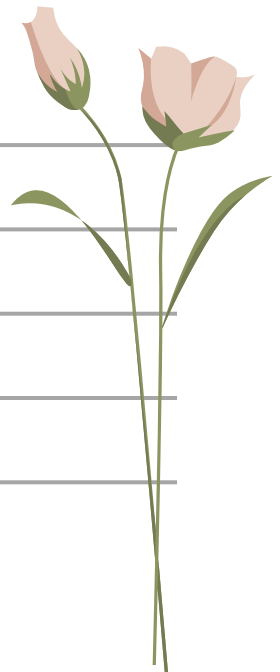
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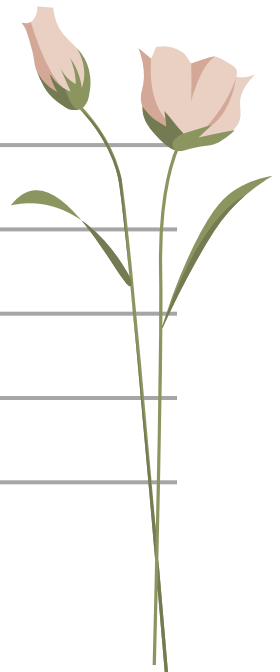
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