

Example of Nita's Positive Aspects

Sleeping deeply last night

Sitting outside right now and seeing the blue jay eat a nut and fuss at me

The new green grass coming up

The wispy blue clouds (want to paint them)

Practicing painting clouds yesterday with acrylics

Rich, acrylic colors

The fabulous blue color I discovered

Finding art teacher on YouTube to guide me

Feeling of contentment while I painted

Being able to forget everything while I painted

Dave's kindness to me yesterday when he helped me with computer problem

The mockingbird singing high up in tree

Being able to relax my neck and shoulders

Warm sun on my skin

Sitting with my dog Ellie outside

Our wonderful concrete driveway

Our new neighbors

The deep listening my friend Tuck used when I talked to her

Laughing with Dave as we played Adele's song on guitars

Being able to get to that still empty, place inside when I meditate where I feel so connected to my higher self and to God.