"Gratitude is the healthiest of all human emotions."

– Zig Ziglar



It was cold, raining and dark at 7 am yesterday morning when I emerged from the train station.

I had jumped onto the wrong train as I changed at Flinders Street and ended up in the wrong place.

Standing in the cold, wet and dark morning trying to figure out where I was and where I had to get to, I was approached and asked if I was lost. Which I was.

Huge gratitude to the thoughtful person who ran into her house to grab her car keys and insisted on driving me to where I needed to be.

I am so grateful for your kindness and thoughtfulness.

I'm grateful for the amazing clients that I get to work with.

I'm grateful for the incredible team that I worked with yesterday and I'm grateful I was on time, thanks to the kindness of a stranger.

I'm extending an invitation to end the week sharing gratitude for the week/day you have had.

What are you grateful for?

