

## 2021 Each Day is a Gift

Day 1	1/1	<i>this year let's focus on daily blessings beginning with your life which is truly a gift</i>
Day 2	1/2	<i>ability to breathe</i>
Day 3	1/3	<i>your health</i>
Day 4	1/4	<i>a smile</i>
Day 5	1/5	<i>laughter</i>
Day 6	1/6	<i>early mornings</i>
Day 7	1/7	<i>faith</i>
Day 8	1/8	<i>nature</i>
Day 9	1/9	<i>sunshine</i>
Day 10	1/10	<i>nutritious food</i>
Day 11	1/11	<i>walks with friends</i>
Day 12	1/12	<i>sunrise &amp; sunsets</i>
Day 13	1/13	<i>helping others</i>
Day 14	1/14	<i>clean water</i>
Day 15	1/15	<i>warm home</i>
Day 16	1/16	<i>early quiet mornings</i>
Day 17	1/17	<i>reading a good book</i>
Day 18	1/18	<i>learning from others</i>
Day 19	1/19	<i>true unconditional love</i>
Day 20	1/20	<i>clean laundry</i>
Day 21	1/21	<i>electricity</i>
Day 22	1/22	<i>hugs</i>
Day 23	1/23	<i>breathing</i>
Day 24	1/24	<i>kindness</i>
Day 25	1/25	<i>a new day</i>
Day 26	1/26	<i>cup of tea</i>
Day 27	1/27	<i>telling &amp; hearing I love you</i>
Day 28	1/28	<i>sweet dreams</i>
Day 29	1/29	<i>mothers</i>
Day 30	1/30	<i>fathers</i>
Day 31	1/31	<i>grandmothers</i>
Day 32	2/1	<i>grandfathers</i>
Day 33	2/2	<i>sisters</i>
Day 34	2/3	<i>brothers</i>
Day 35	2/4	<i>yoga</i>
Day 36	2/5	<i>meditation</i>
Day 37	2/6	<i>sharing knowledge</i>
Day 38	2/7	<i>cooking for others</i>
Day 39	2/8	<i>slowing down</i>
Day 40	2/9	<i>prayers</i>
Day 41	2/10	<i>blue skies</i>
Day 42	2/11	<i>stars</i>
Day 43	2/12	<i>moon</i>
Day 44	2/13	<i>breathing</i>
Day 45	2/14	<i>unconditional love</i>
Day 46	2/15	<i>birth</i>
Day 47	2/16	<i>thunderstorms</i>
Day 48	2/17	<i>pets</i>
Day 49	2/18	<i>warm home</i>
Day 50	2/19	<i>fresh veggies</i>
Day 51	2/20	<i>music</i>
Day 52	2/21	<i>warm socks</i>
Day 53	2/22	<i>early morning quietude</i>
Day 54	2/23	<i>eyes to see such beauty</i>
Day 55	2/24	<i>ears to hear beautiful sounds</i>
Day 56	2/25	<i>beautiful scents</i>
Day 57	2/26	<i>sunshine on your face</i>
Day 58	2/27	<i>smell of rain</i>
Day 59	2/28	<i>inner strength</i>
Day 60	3/1	<i>heartbeat</i>
Day 61	3/2	<i>silence</i>
Day 62	3/3	<i>time on your yoga mat</i>
Day 63	3/4	<i>blue skies</i>
Day 64	3/5	<i>learning something new</i>
Day 65	3/6	<i>yoga therapy</i>
Day 66	3/7	<i>flowers</i>
Day 67	3/8	<i>hiking in nature</i>
Day 68	3/9	<i>hard work</i>

Day 69	3/10	<i>barefoot in the grass</i>
Day 70	3/11	<i>birds singing</i>
Day 71	3/12	<i>wind chimes</i>
Day 72	3/13	<i>breathing outside</i>
Day 73	3/14	<i>service work</i>
Day 74	3/15	<i>spring forward</i>
Day 75	3/16	<i>sweet memories</i>
Day 76	3/17	<i>walking in the rain</i>
Day 77	3/18	<i>patience</i>
Day 78	3/19	<i>child's laughter</i>
Day 79	3/20	<i>cooking your own food</i>
Day 80	3/21	<i>nieces</i>
Day 81	3/22	<i>nephews</i>
Day 82	3/23	<i>blossoming flowers</i>
Day 83	3/24	<i>smiles</i>
Day 84	3/25	<i>life lessons</i>
Day 85	3/26	<i>dreams</i>
Day 86	3/27	<i>time with loved ones</i>
Day 87	3/28	<i>spiritual knowledge</i>
Day 88	3/29	<i>stillness</i>
Day 89	3/30	<i>kindness</i>
Day 90	3/31	<i>listening to others</i>
Day 91	4/1	<i>hard work</i>
Day 92	4/2	<i>supporting others</i>
Day 93	4/3	<i>grandchildren</i>
Day 94	4/4	<i>Lord Jesus</i>
Day 95	4/5	<i>bicycle riding</i>
Day 96	4/6	<i>exercise</i>
Day 97	4/7	<i>scent of flowers</i>
Day 98	4/8	<i>beautiful music</i>
Day 99	4/9	<i>loving everyone</i>
Day 100	4/10	<i>wisteria</i>
Day 101	4/11	<i>planting flowers</i>
Day 102	4/12	<i>sharing knowledge</i>
Day 103	4/13	<i>exercise outside</i>
Day 104	4/14	<i>being humble</i>
Day 105	4/15	<i>smiles</i>
Day 106	4/16	<i>being positive</i>
Day 107	4/17	<i>listening</i>
Day 108	4/18	<i>animals</i>
Day 109	4/19	<i>meals with loved ones</i>
Day 110	4/20	<i>prayer</i>
Day 111	4/21	<i>Prince</i>
Day 112	4/22	<i>yoga nidra</i>
Day 113	4/23	<i>hymns</i>
Day 114	4/24	<i>watching nature</i>
Day 115	4/25	<i>rain</i>
Day 116	4/26	<i>birds singing</i>
Day 117	4/27	<i>full moon</i>
Day 118	4/28	<i>finding peace</i>
Day 119	4/29	<i>pure joy</i>
Day 120	4/30	<i>wind chimes</i>
Day 121	5/1	<i>spiritual knowledge</i>
Day 122	5/2	<i>outdoor work</i>
Day 123	5/3	<i>working together</i>
Day 124	5/4	<i>unconditional love</i>
Day 125	5/5	<i>patience</i>
Day 126	5/6	<i>ahimsa</i>
Day 127	5/7	<i>singing mantra</i>
Day 128	5/8	<i>friends</i>
Day 129	5/9	<i>divine mother</i>
Day 130	5/10	<i>new beginnings</i>
Day 131	5/11	<i>being a teacher</i>
Day 132	5/12	<i>detaching from things</i>
Day 133	5/13	<i>satya (truthfulness)</i>
Day 134	5/14	<i>the ocean</i>
Day 135	5/15	<i>anniversaries</i>
Day 136	5/16	<i>longtime friends</i>
Day 137	5/17	<i>toes in the sand</i>

Day 138	5/18	<i>apologies</i>
Day 139	5/19	<i>bunnies</i>
Day 140	5/20	<i>asteya (non-stealing)</i>
Day 141	5/21	<i>scent of lilies</i>
Day 142	5/22	<i>new chapters in life</i>
Day 143	5/23	<i>planting</i>
Day 144	5/24	<i>fresh fruit</i>
Day 145	5/25	<i>God's love</i>
Day 146	5/26	<i>sacrifices</i>
Day 147	5/27	<i>spiritual knowledge</i>
Day 148	5/28	<i>human birth</i>
Day 149	5/29	<i>helping others</i>
Day 150	5/30	<i>feeding others</i>
Day 151	5/31	<i>giggles with friends</i>
Day 152	6/1	<i>learning new things</i>
Day 153	6/2	<i>hard work</i>
Day 154	6/3	<i>aparigraha non-hoarding/non-greed</i>
Day 155	6/4	<i>cleaning your home</i>
Day 156	6/5	<i>daily yoga practice</i>
Day 157	6/6	<i>family gatherings</i>
Day 158	6/7	<i>time with children</i>
Day 159	6/8	<i>sweet dreams</i>
Day 160	6/9	<i>positive thoughts</i>
Day 161	6/10	<i>smiles</i>
Day 162	6/11	<i>sun salutation</i>
Day 163	6/12	<i>eyes to see so much beauty</i>
Day 164	6/13	<i>listening to nature</i>
Day 165	6/14	<i>community togetherness</i>
Day 166	6/15	<i>evening walks</i>
Day 167	6/16	<i>scent of flowers</i>
Day 168	6/17	<i>saucha (cleanliness)</i>
Day 169	6/18	<i>teaching yoga</i>
Day 170	6/19	<i>patience</i>
Day 171	6/20	<i>fathers</i>
Day 172	6/21	<i>smell of rain</i>
Day 173	6/22	<i>wind chimes</i>
Day 174	6/23	<i>goals</i>
Day 175	6/24	<i>smell of fresh cut grass</i>
Day 176	6/25	<i>true love</i>
Day 177	6/26	<i>beloved friends</i>
Day 178	6/27	<i>lavender oil</i>
Day 179	6/28	<i>listening</i>
Day 180	6/29	<i>love for all beings</i>
Day 181	6/30	<i>healthy food</i>
Day 182	7/1	<i>grandchildren</i>
Day 183	7/2	<i>nurturing a child</i>
Day 184	7/3	<i>bird houses</i>
Day 185	7/4	<i>freedom</i>
Day 186	7/5	<i>sitting by a lake</i>
Day 187	7/6	<i>sunshine</i>
Day 188	7/7	<i>sweet dreams</i>
Day 189	7/8	<i>tapas (to be in the fire)</i>
Day 190	7/9	<i>walking in the rain</i>
Day 191	7/10	<i>working for God</i>
Day 192	7/11	<i>singing mantra</i>
Day 193	7/12	<i>walking in a park</i>
Day 194	7/13	<i>deer eating pears</i>
Day 195	7/14	<i>sunrises</i>
Day 196	7/15	<i>spiritual studies</i>
Day 197	7/16	<i>teaching yoga</i>
Day 198	7/17	<i>watching nature</i>
Day 199	7/18	<i>sunflowers</i>
Day 200	7/19	<i>patience</i>
Day 201	7/20	<i>compassion</i>
Day 202	7/21	<i>a new day</i>
Day 203	7/22	<i>surrender</i>
Day 204	7/23	<i>apologies</i>
Day 205	7/24	<i>the moon</i>
Day 206	7/25	<i>hiking</i>

Day 207	7/26	<i>giggles</i>
Day 208	7/27	<i>hard work</i>
Day 209	7/28	<i>finding calm &amp; steadiness</i>
Day 210	7/29	<i>asanas (yoga postures)</i>
Day 211	7/30	<i>positivity</i>
Day 212	7/31	<i>helping others</i>
Day 213	8/1	<i>treasures in nature</i>
Day 214	8/2	<i>time with loved ones</i>
Day 215	8/3	<i>new Prince music</i>
Day 216	8/4	<i>smell of rain</i>
Day 217	8/5	<i>pranayama (breathing)</i>
Day 218	8/6	<i>kind words</i>
Day 219	8/7	<i>dear friends</i>
Day 220	8/8	<i>good health</i>
Day 221	8/9	<i>exercise</i>
Day 222	8/10	<i>happiness</i>
Day 223	8/11	<i>playing outside</i>
Day 224	8/12	<i>evening walks</i>
Day 225	8/13	<i>planting gardens</i>
Day 226	8/14	<i>service work</i>
Day 227	8/15	<i>inner strength</i>
Day 228	8/16	<i>compassion</i>
Day 229	8/17	<i>gratitude</i>
Day 230	8/18	<i>spiritual knowledge</i>
Day 231	8/19	<i>new beginnings</i>
Day 232	8/20	<i>dharana (concentration)</i>
Day 233	8/21	<i>sweet dreams</i>
Day 234	8/22	<i>singing mantra</i>
Day 235	8/23	<i>sisters</i>
Day 236	8/24	<i>yoga therapy</i>
Day 237	8/25	<i>walking outside</i>
Day 238	8/26	<i>eight limbs of yoga</i>
Day 239	8/27	<i>beloved husbands</i>
Day 240	8/28	<i>human birth</i>
Day 241	8/29	<i>precious time with friends</i>
Day 242	8/30	<i>yard work</i>
Day 243	8/31	<i>reading</i>
Day 244	9/1	<i>beautiful colors</i>
Day 245	9/2	<i>nature</i>
Day 246	9/3	<i>kindness</i>
Day 247	9/4	<i>watching things grow</i>
Day 248	9/5	<i>restoring old things</i>
Day 249	9/6	<i>playing outside</i>
Day 250	9/7	<i>reaching out to loved ones</i>
Day 251	9/8	<i>dancing</i>
Day 252	9/9	<i>yoga philosophy</i>
Day 253	9/10	<i>ability to move &amp; breathe</i>
Day 254	9/11	<i>freedom</i>
Day 255	9/12	<i>loving everyone</i>
Day 256	9/13	<i>smiles</i>
Day 257	9/14	<i>friendship</i>
Day 258	9/15	<i>stillness</i>
Day 259	9/16	<i>controlling the mind</i>
Day 260	9/17	<i>being joyful</i>
Day 261	9/18	<i>weddings</i>
Day 262	9/19	<i>weddings</i>
Day 263	9/20	<i>finding love</i>
Day 264	9/21	
Day 265	9/22	<i>seeing everyone as the same</i>
Day 266	9/23	<i>the truth</i>
Day 267	9/24	<i>healthy body</i>
Day 268	9/25	<i>calm mind</i>
Day 269	9/26	<i>breathing</i>
Day 270	9/27	<i>feeling at home</i>
Day 271	9/28	<i>healing</i>
Day 272	9/29	<i>self realization</i>
Day 273	9/30	<i>yoga philosophy</i>
Day 274	10/1	<i>earnestness</i>
Day 275	10/2	<i>kind souls</i>

Day 276	10/3	<i>patience</i>
Day 277	10/4	<i>bicycle riding</i>
Day 278	10/5	<i>dreams</i>
Day 279	10/6	<i>positivity</i>
Day 280	10/7	<i>personal yoga practice</i>
Day 281	10/8	<i>smiles</i>
Day 282	10/9	<i>empathy</i>
Day 283	10/10	<i>restorative yoga</i>
Day 284	10/11	<i>quietude</i>
Day 285	10/12	<i>life</i>
Day 286	10/13	<i>controlling your mind</i>
Day 287	10/14	<i>growing food</i>
Day 288	10/15	<i>deep breaths</i>
Day 289	10/16	<i>loving everyone</i>
Day 290	10/17	<i>steadiness</i>
Day 291	10/18	<i>indoor plants</i>
Day 292	10/19	<i>hard work</i>
Day 293	10/20	<i>respect</i>
Day 294	10/21	<i>luminous moon</i>
Day 295	10/22	<i>being present</i>
Day 296	10/23	<i>family time</i>
Day 297	10/24	<i>sharing knowledge</i>
Day 298	10/25	<i>hiking</i>
Day 299	10/26	<i>listening to rain</i>
Day 300	10/27	<i>watching nature</i>
Day 301	10/28	<i>friendships</i>
Day 302	10/29	<i>learning from the past</i>
Day 303	10/30	<i>inner strength</i>
Day 304	10/31	<i>being fearless</i>
Day 305	11/1	<i>patience</i>
Day 306	11/2	<i>early morning quietude</i>
Day 307	11/3	<i>silence</i>
Day 308	11/4	<i>mantra</i>
Day 309	11/5	<i>compassion</i>
Day 310	11/6	<i>good choices</i>
Day 311	11/7	<i>fall</i>
Day 312	11/8	<i>bike riding</i>
Day 313	11/9	<i>meditation</i>
Day 314	11/10	<i>feeding nature</i>
Day 315	11/11	<i>knowledge</i>
Day 316	11/12	<i>compassion</i>
Day 317	11/13	<i>spiritual heart</i>
Day 318	11/14	<i>inner strength</i>
Day 319	11/15	<i>walking outside</i>
Day 320	11/16	<i>music</i>
Day 321	11/17	<i>fortitude</i>
Day 322	11/18	<i>supporting others</i>
Day 323	11/19	<i>positive attitude</i>
Day 324	11/20	<i>nutritious food</i>
Day 325	11/21	<i>prayer</i>
Day 326	11/22	<i>faith</i>
Day 327	11/23	<i>reading</i>
Day 328	11/24	<i>learning from the past</i>
Day 329	11/25	<i>gratitude</i>
Day 330	11/26	<i>cooking for others</i>
Day 331	11/27	<i>love</i>
Day 332	11/28	<i>karma yoga</i>
Day 333	11/29	<i>family gatherings</i>
Day 334	11/30	<i>learning from mistakes</i>
Day 335	12/1	<i>breathing</i>
Day 336	12/2	<i>controlling your senses</i>
Day 337	12/3	<i>reading holy text</i>
Day 338	12/4	<i>honesty</i>
Day 339	12/5	<i>grandkids</i>
Day 340	12/6	<i>hope</i>
Day 341	12/7	<i>faith</i>
Day 342	12/8	<i>healthy food</i>
Day 343	12/9	<i>love for all</i>
Day 344	12/10	<i>warm home</i>

<i>Day 345</i>	<i>12/11</i>	<i>daily yoga practice</i>
<i>Day 346</i>	<i>12/12</i>	<i>slowing down</i>
<i>Day 347</i>	<i>12/13</i>	<i>inner strength</i>
<i>Day 348</i>	<i>12/14</i>	<i>early morning walks</i>
<i>Day 349</i>	<i>12/15</i>	<i>prayers</i>
<i>Day 350</i>	<i>12/16</i>	<i>silence</i>
<i>Day 351</i>	<i>12/17</i>	<i>exercise</i>
<i>Day 352</i>	<i>12/18</i>	<i>fortitude</i>
<i>Day 353</i>	<i>12/19</i>	<i>peace</i>
<i>Day 354</i>	<i>12/20</i>	<i>gift of friendships</i>
<i>Day 355</i>	<i>12/21</i>	<i>waking up to a new day</i>
<i>Day 356</i>	<i>12/22</i>	<i>winter solstice</i>
<i>Day 357</i>	<i>12/23</i>	<i>full moon</i>
<i>Day 358</i>	<i>12/24</i>	<i>kind neighbors</i>
<i>Day 359</i>	<i>12/25</i>	<i>Lord Jesus</i>
<i>Day 360</i>	<i>12/26</i>	<i>quiet days</i>
<i>Day 361</i>	<i>12/27</i>	<i>laughter with friends</i>
<i>Day 362</i>	<i>12/28</i>	<i>feeding others</i>
<i>Day 363</i>	<i>12/29</i>	<i>warm days of winter</i>
<i>Day 364</i>	<i>12/30</i>	<i>compassion</i>
<i>Day 365</i>	<i>12/31</i>	<i>a new year</i>