

## The Beauty is in the Moment

Thursday, 10 April 2008

There is nothing wrong with planning your day, or your week... as a matter of fact - I encourage you to do that because that way you are setting goals for yourself and having goals to achieve is always a good thing.

The only thing is, we so often tend to step in the trap of not living in the moment... being so focused on reaching that goal, getting to the next place... doing the next thing... worrying about what to do next, that we forget to appreciate the moment... the moment that is now.

But that is not the only distraction... we have many other distractions like the television, the newspaper... magazines... these distract us from stopping and smelling the roses.

I'll give you an example of what I mean...

I was in the gym tonight... and as I think I might have mentioned before, the gym is right in the front of the ship.... the view from there is spectacular... we are at sea so we are surrounded by the ocean.

But tonight I was in the gym at the right time to witness a most spectacular sunset. I couldn't help, I had to just stop what I was doing for a moment and watch the sun go down....

There were some clouds in the sky and the colors in the sky varied from deep reds and oranges to bright purples and soft pinks as the big red sun set on the horizon. The reflection on the water made a clear trail from where I was standing and the water was so calm it looked almost like I could walk on it and follow that trail all the way to the end of the earth.

I felt a smile on my face and gratitude in my heart.

This is the actual sunset...

I had my camera with me in the gym that day

But as I looked around me... every single other person in the gym had their eyes on a tele... even though all the treadmills and the ellipticals are facing the ocean, each of them had a screen obstructing their view and they were totally unaware of the beauty around them.

So we often go through our day and we miss the precious moments because we are too busy getting where we are

going, or we are being distracted by the news media or our worries about yesterday or tomorrow.

In the Pizzazz Factor I encourage you to live in the moment and to let the beauty of life around you help you find your inner smile... that smile that makes you attractive and magnetic... that smile that makes you radiate from the inside out.

Take some time today, to smell the roses and live in the moment... and try every day from now on, to keep that in mind.... Life is much too short to let those special moments slip away unnoticed.

Kind regards

Vanessa Bader

P.S. I am lucky to be surrounded by the ocean and beautiful sunsets... but no matter where you are, if you take the time to look... you will see the beauty...Whether it be a precious flower, a bird in a tree, the sparkle in someone's eye or maybe some beautiful architecture... if you look, you will find the beauty there.