

## Acknowledging Nature's Beauty



Appreciating the beauty that surrounds us is a way of rejuvenating ourselves, allowing ourselves to bask in the warm embrace of nature. What a gift! Too often we take for granted the splendor of the world around us.

The beauty of nature often leaves me speechless. I find that the more time I spend in nature, admiring and connecting with something greater than myself, the more refreshed and exhilarated I feel.



Today, I will not take the beauty of nature for granted. I will remind myself of the great gift I receive when I take time out of my busy life to pause and spend time immersed in nature.

May you find great beauty in the world around you and breathe a little deeper and easier as you experience it firsthand. Nature refreshes and restores our hearts and minds like nothing else.