I Woke Up Ever So Grateful

I woke up this morning feeling extra

grateful, more than I normally do.

What was different than the

other day? I didn't have a clue.

I must admit though, I did sleep

all night, so that just might be it.

I went to the chiropractor, had an

adjustment, once again I felt fit.

My neck was in more stress than I

thought, I didn't realize how much.

Sometimes I ignore what my body is

saying although it was tender to touch.

I realized I needed to get back on track,

commit to taking better care of myself.

And I need to accept that I have limitations

and sometimes I just need to ask for help.

My days of doing it all is over, I

need to leave that for the youth of today.

I'm getting older but it doesn't mean I can't

do things, just not let my desires go astray.

That's why I woke up ever so grate-

ful because of where I find myself at.

Because I've accepted that with age comes

changes and I am comfortable with that.

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