

Ta Da!!!!

Written by Gayle Nobel

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Blog-a-thon Day 2

Anyone want to join me on this blog-a-thon? ANYONEEEEEEEE???

Here's how it works: you blog every day, I blog every day. We go at it for.... how long? I'm afraid to commit out loud. I guess that's to be determined by us bloggers. Personally, I'm resisting a time commitment so I will just keep blogging until I stop blogging.

I'm home and trying to get back in the groove. Kyle is sick and still in bed at 11 AM and I have had all this time to produce something. Thus far, I have not produced anything. Gotta love it!

Leah is packing to go home. She has been here over a month- since college graduation. I am enjoying her buzzing around. She just told me I am so "mom dot com-ish". I am thinking that is a compliment and chuckling when I think about it. Now she is taking a savasana break from packing- that girl knows how to live!

Inspiration is contagious. I will share some of what I received in Taos via Jill Badonsky of [the museisin.com](http://themuseisin.com)

Do you remember when you were a kid and you drew a picture and then you held it up and said "Ta Da"? You were so proud and felt so good about completing it. There were so many "ta da's" when we were wee, weren't there?

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Well, I'm thinking the "To Do" list can be slid over (not necessarily discarded) so we can make room for the magic of the "Ta Da" List.

Do you ever get to the end of the day and notice you have not crossed anything off that bless-ed "to do" list you took great pains to write? OOPS.. perhaps life got in the way.

Maybe instead, you were there for your sick child... nurturing, spoon feeding (as I was yesterday), loving. Maybe you got lost in a good book...we should only be so lucky. Maybe you spent an hour on the phone supporting a friend. Maybe you went on a shopping spree with your daughter who was home on break (speaking from experience :-)) Maybe you even got to take a nap... I know, ha ha ha ha ha!

These are the kind of things that go on your Ta Da list which is great to write at the end of your day. These are the things you are glad you did, accomplished. These might be ways you have creatively taken care of yourself. Maybe you finally make that difficult phone call you have been procrastinating on or finally said "no" when you were about to say "yes". This is your celebration list.

Just like that little kid, living in the moment, and holding up that beautiful page of scribbles, what are you glad you did? The next day, that little kid wants that feeling again, doesn't she? The Ta Da list is important for giving ourselves credit at the end of the day. It helps us go to sleep feeling a sense of fullness. And that sense of fullness feeds our soul.

You're invited. Make yourself a Ta Da list. One item is enough to constitute a list but you will not want to stop there. Be sure to seal it up with a giant "TA DA" at the end.