

An Attack of the Shoulds

Written by Gayle Nobel

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Blog-a-thon Day 17

It is 6:15 AM!!!! I am perched at the table with my laptop and a cup of Fog Tea (green variety grown in the fog.) Kyle is working on his breakfast dessert. Massive quantities of grapes! He is dining "french" style... at a leisurely pace with multiple courses, one after another, on different plates.

I should not be up this early. I should not be at my computer this early. Oh wait, let's back up. Kyle should not have gotten up at 4:44 AM this morning... needing me right away. I should not have had to be needed right away by my 28 year old son. I should not have been unloading my dishwasher at 5:20 AM, having already helped Kyle with his morning routine and gotten him 100% ready for 7:20 pick up by that time (minus breakfast). I should not be serving a hot breakfast at 5:50 AM and the kitchen should not be so clean at this hour. It is too early for all of this. I should be in bed, under the covers waking up at my leisure!

Phew! I think the attack is over now.

There is much to be grateful for.

In a perverse way, I like being up really early (ok, sometimes.) I enjoy the feeling of getting a head start on the day. Unloading the dishwasher helps wake me up. I know "normal" people use coffee for that. It's great not to have to rush Kyle. Sometimes, it is hectic and rushed trying to get him ready for his pick up. Not today. He gets to linger over his grapes and enjoy them and I get the blog posted early. The clean, orderly kitchen feels really good... no chaos to walk past for the rest of the day. I had time to brew a cup of tea and enjoy it. Yes, brew- no tea bags today. I know I will make it to my 8 AM yoga class because I am already dressed and ready. I am healthy and strong and willing to be needed by my son.

There are advantages to this life after all. Maybe it's all about ATTITUDE.

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PS I "should" spend more time proof reading this blog post. But, I'm not going to.