

THESE ARE A FEW OF MY FAVOURITE THINGS

Julie Andrews in 1964 belted out the iconic words of “**these are a few of my favourite things**” which has been a treasure trove throughout the world for all little boys and girls around Christmas time wishing that all their dreams will come true.

The child within us, always lives on – however my favourite things within the context would be round tree fruit gums, anything chocolate, my Japanese Kimono (the final gift from my father before he was murdered in 1974), my very fashionable Barbie dolls and my cocker spaniel stuffed toy which my god father gave me on my 9th birthday. For me wrapped in my kimono hugging my toys and my favourite food treats was absolute heaven.

Fast forwarding numerous decades later some of childhood things still remain a part of me, but my favourite things have become more defined:

Intellect – I enjoy a good intellectual discourse with positive outcomes that makes me feel that I have had an exhilarating academic exercise and truly feel energized

Compassion – I empathize with those who don’t know how to give compassion or show love and kindness to their fellow man – it makes such a difference to our character and shapes those with whom we want to impact.

Laughter – I like to surround myself with positive people who you can truly let your hair down with and share that “Belly Laugh”, in spite of the serious activities and events around us. We must pause sometimes and laugh at ourselves - a good release of those endorphins to maintain youthfulness.

Gratitude – I’m grateful for my family (including Rocky and Xena), my close circle of friends and staff members and who no matter what embrace and hold me high so I can daily pursue my destiny and shape and mold those along the Journey

Respect – today it has become so common place to be so banal to the point of intrusive. No boundaries remain and the information age assists to push those buttons – if we stepped out of our shells for one moment and looked from the other side it could make such a difference but to connect those dots, the magical ingredients of intellect and compassion go hand in hand.

Mother Nature – where am I writing this to you from? In my garden, lap top in toe with Rocky and Xena by my side. Giving the Almighty all the thanks and praises for his beautiful nature that I am daily surrounded by and very grateful for his compassion and wisdom that he spared us once again from the potential ravages of Mother Nature.

As we evolve through our journey in life let’s always stop and self evaluate. What’s your favourite things?