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In his 1998 Rice commencement speech, Kurt Vonnegut spoke this timeless wisdom:

“When things are going sweetly and peacefully, please pause a moment, and then say out loud: ‘If this isn’t nice, what is?’”

Life flies by. Remember to stop and appreciate the moments of sweetness.

Seriously, give it a shot....

Next time you experience a moment of sweetness stop, breathe it in, look around, smile, and say the words:

"If this isn't nice, what is?"

Lean into gratitude. It's the best feeling in the world.