



Thank you for the little things,
for coffee on early mornings,
for the way the rising sun
illuminates my empty kitchen.

Thank you for the big things,
for beach vacations with my family,
for field trips with my friends.

Thank you for the good things,
for an education,
for a healthy body.

Thank you for the bad things,
for restless nights,
for upsetting news.

And thank you for balance,
for two extremes living in harmony,
maintaining a peaceful existence
and creating this beautiful world.

–Raegan Montrym–