Another year has passed and another candle was added to my cake. I don't mind. I still enjoy birthdays and look forward to them. The alternative is just no good. Not reaching the next birthday, I mean.

I looked back on the year and have some regrets, some triumphs, good memories and a few things I wish never happened. It was the usual year. I made my share of mistakes and hopefully learned from each and every one.

My only goal is to grow as a person, as a human being, as a wife, as a mother, as a sister, as a daughter and as a friend. Some areas came out OK; others still need work. There'd be no point if we were already perfect when we got here. Where do you go from there? What would be the point?

I pretty much learn something new every day. It may not be earth-shattering or a mind-blowing revelation but I learn, nonetheless.
I know the capacity for human beings to be kind and cruel never ceases to amaze me. We read about it every day. I just keep hoping the kindness outweighs the other.

I know that if we don't strive to be nice to each other and look out for each other somewhere down the line, it's trouble for us all.
It's easy to get caught up in the rush of everyday life and responsibilities and let time get away and not stop and do the little things we need to like call our parents or stop by a friend's home just to chat. We get busy and loved ones hear from us less than either of us would like. We say there's no time but we have more control over that than we either let ourselves believe or allow.

I do know that the years seem to go by pretty quickly and everyone who is older than I am says it only gets worse the more candles that are on that cake.

School has started and soon it will be Halloween. Then comes Thanksgiving, Christmas, the new year starts and so on and so forth. We all know how it goes, we just need to learn to slow it down.

Well, would you look at that. It’s the day after my birthday already. Only 364 days to go. I’m sure it will be here before I know it. I hope I listen to my own advice and find that balance between the hustle of everyday life and those moments we spend with others that get us through the rest.

I know I’m going to enjoy the weekend with my husband and friends and make some of those memories I was talking about.