

Ep. 50 Mental Wellness & Turkey

MJ Murray Vachon LCSW: [00:00:00] Welcome to the podcast. As we step into November, the season of giving thanks, let's delve into a truly special conversation. Today, I am so delighted to introduce our guest, David Romanelli, a true innovator in the world of mental and physical wellness. I first learned of David through an adorable pair of five-year-old enthusiasts. My great nephews, Asher and Casey. After a day at school, they couldn't stop raving about their meditation class, led by David. The twins and I had quite a heartwarming discussion, and their vivid descriptions of the class culminated with each of them telling me that the class just made them feel happy, peaceful. And then Casey said, actually, it makes me grateful. Their enthusiasm was contagious. So, I tuned into David's podcast The Blink, where he shares insightful stories from his life, leading us into short rejuvenating meditations. Much like Asher and Casey, I really fell in love with David's extraordinary [00:01:00] knack for taking something that many of us find daunting, like meditation, and turning it into an enjoyable and an approachable practice. David's accomplishments don't stop in the kindergarten classroom. David is a successful entrepreneur in the realms of yoga, meditation, and wellness. He is a best-selling author, and a devoted husband and father. David's also been featured in the New York Times, Food Wine, The Wall Street Journal, and Newsweek. But I think David's most impressive feat is his unique ability to face life head on, give it a gentle twist, and discover ways to stay closely connected to joy and happiness, whether he's sitting by his three-year-old daughter's bedside as she receives chemo, or as he creates his new wellness clinic. MJ, what does this have to do with turkey and Thanksgiving? It is our ability to find happiness and joy in whatever life throws at us. The good, the bad, the [00:02:00] easy, the hard, that becomes our incubator for gratitude. David, I want to welcome you. I'm happy to have you here, and I'm really grateful that you said yes to having this conversation with us.

David Romanelli: Thank you, great to be with you. ,

MJ Murray Vachon LCSW: I usually start with what is mental wellness, but with you I'm going to ask, how do you define gratitude?

David Romanelli: Oh, it's perspective. It's living in a certain place in your mind that we don't always live. It's taking up residence in that place in your mind.

MJ Murray Vachon LCSW: You would say gratitude is more of an internal mindset. Not an external adventure.

David Romanelli: You mentioned my daughter receives chemo, but she actually finished treatment a year and a half ago. Thank God that's behind us. But that experience, she overcame leukemia and that is always scary to have gone through that with a child and it was the greatest teacher [00:03:00] on gratitude because it taught me how something like your child's health is the greatest gift in the world. When I focus on that, I feel a kind of gratitude that I never felt before her diagnosis. The little things that I struggle with day to day that we all struggle with, responsibilities, worries, burdens, busyness, at the end of the day, I'm just grateful that my kids are healthy. So that's really taught me more about gratitude than anything ever.

David Romanelli: So yes, it's an internal state for sure.

MJ Murray Vachon LCSW: For you, gratitude is perspective, and it's really a place in our mind. If you go back to your experience with your daughter, how did you cultivate gratitude when you had to have been so afraid?

David Romanelli: Somebody told us on day one after the diagnosis when you are so afraid that little kids don't respond to sadness and [00:04:00] fear. If you have to cry, go in another room because little kids respond to love and affection. That changed everything in terms of how we came to the experience. We wrapped her in a bundle of love and affection, and we saw how well she responded to it. I don't know if you call that gratitude. But it was a building block to gratitude because, being in a fearful state wasn't going to help her healing process. It taught me when I'm in a loving state, she's happy and we're going to get through this in a state of love rather than a state of fear. And I think along the way that taught me a lot about gratitude.

MJ Murray Vachon LCSW: We often think of gratitude is I'm thankful for these things: my bike, or my house, or my promotion. One thing that I've learned as a therapist, is exactly what you're saying. If we start from a place of fear, we don't usually end up being grateful. [00:05:00] We just end up being afraid or we end up blaming. Here you have what I would say is the scariest thing that could ever happen. Someone wisely said to you, shower her with love, shower her with affection, because that's what kids respond to in a happier, better way. And that choice that you had, cause it was a choice, ended up putting you more on the path of gratitude. Would you say that one of the parts that you've learned in cultivating gratitude in your life is trying to start from a place of love?

David Romanelli: I'm sure you've read or heard about this leading researcher on gratitude, Robert Emmons, I mean I think everyone knows his work now,

and he talks about you have to be a badass to be grateful because gratitude is morally and intellectually demanding. The default for most everyone is you wake up in the morning and it's what you have to do, who you have to get back to, what hurts, the grind [00:06:00] of life. It really requires intentionality to get to a place in your mind where you shift that perspective to here's what's good, here's who's healthy, here's what I have in abundance. It doesn't happen automatically for most people. It's very internal in my opinion and in his research.

MJ Murray Vachon LCSW: I wonder if you can walk through the process of moving your mind from fear to love. How do you do that?

David Romanelli: Here's another story for you. I have this oncologist who is not my daughter's, but she is a pediatric oncologist who is also a yogi. Most doctors don't speak that language, but this one person speaks the yogi language. She said to me, look, when your cancer treatment's done, you have a sword hanging over your head because you're always afraid of it coming back. Anyone that's been through cancer has a loved one. You live with that sword. [00:07:00] That sword can be very daunting, but one thing I've learned is you can also wield that sword and cut through the minutiae and the nonsense and, remember to be grateful and use what you've been through as a way to say, okay, my gratitude is much more pure. Just like my joy, I never used to feel this kind of immensity and joy and gratitude before we went through this, but I also, to this day, never, ever touched this level of fear that sometimes happens when you know one kid's not feeling good for any reason, a cold, a cough, anything, you worry differently, and it can feel like a curse. Other parents have kids sick at home and they don't even think about it when one of my kids is sick at home, I go into this traumatic state and it's really hard. It's really hard to navigate and I'm doing a lot to work on it, but I will also tell you that I think I feel a different kind of joy and a [00:08:00] different kind of gratitude.

David Romanelli: So, it's learning how to wield the sword.

MJ Murray Vachon LCSW: Part of wielding the sword is accepting that you have to carry a sword.

David Romanelli: That's a great point and sometimes I don't accept that and I'm always needing to work on that. That's one of the things I talk about with my therapist. This is part of my life and it's not going to go away. It gets easier with time, but it's not going to go away. So, I have to pull up a seat at the table for fear, but I also can pull up a seat at the table for gratitude and learn to have the conversation with both of them.

MJ Murray Vachon LCSW: Part of what I hear you saying is accepting the sword puts you in a different place. There's a mindset that says this is how life should be and when it's not that way I'm getting screwed

David Romanelli: I totally understand what you're saying I don't know if I quite thought of it as I was getting screwed But it felt like it was a challenge on my journey that I needed to figure out how to embrace and [00:09:00] I needed to tell the right story about it to my daughter and to my wife and my community. She was only three when it happened. She never knew the word cancer. Now she does because she's six, but she didn't know the word cancer. And she didn't know the word chemo. She still doesn't know the word chemo. We told her she was getting superpowers in her tubies, and this whole process was designed to make her stronger. That story empowered her, and it empowered us quite frankly, and she would come home from the clinic and get three types of chemo some days and run to the trampoline and bounce up and down because I think the story in her head was that she just got superpowers. I think there's something really interesting about the stories that we wrap around our personal challenges that allow us to be grateful and allow us to be resilient because a lot of times we tell stories about the things we're going through and how they're exhausting us and wiping us out and we got screwed. That doesn't, that story didn't work for me.

MJ Murray Vachon LCSW: That is so wise. We are more grateful [00:10:00] when we understand the nature of the mind to run amok. What I hear you saying is you're training your mind and you're observing it and you're looking at the stories you're telling yourself- will they cultivate gratitude? Or will they make you a victim?

David Romanelli: Yeah. days I do feel like a victim. I have bad days and I'm traumatized and doubt, I'm very human and I want to be vulnerable and honest about that. I'm not like this perfectly wise, adjusted person.

MJ Murray Vachon LCSW: Which means that you're fairly wise. Cause no one is that wise and well adjusted.

David Romanelli: Of course. Yeah.

MJ Murray Vachon LCSW: Because if we know that we're not that wise and well adjusted, then we're always looking for when we fall out of adjustment and might need to be readjusted.

David Romanelli: I need readjusting all the time. .

MJ Murray Vachon LCSW: I, I'm interested in a line you said a couple minutes ago, is that you choose to embrace the challenges.

David Romanelli: Before my [00:11:00] daughter went through this, I did a lot of research with older people and wrote a couple books about people in their 80s, 90s, and 100s.

MJ Murray Vachon LCSW: Give us a title so you can plug them.

David Romanelli: One was called Happy is the New Healthy and the other is called Life Lessons from the Oldest and Wisest. Happy and the New is the New Healthy was inspired by a lady I met in New York City who lived to be 111. We call that a super centenarian. She was married five times. We call that resilience. To go through four divorces and keep on trucking, keep going for it, keep getting after it. I think that's a huge part of gratitude and happiness because everyone goes through failures and struggles and you get knocked on your butt. And a lot of people are defined by what went wrong in their life. And that's the story they tell. And, the most well-adjusted, happiest, most grateful people that I've met are people who are able to share their challenges and struggles and what they learn from it and how they bounce [00:12:00] back. That's a deeper form of gratitude.

MJ Murray Vachon LCSW: Because they normalized the learning process of life, right? It's all cyclical. We get knocked on our butt and we look at it and we can stay there. Some people say it's just sad, but if we see it as normal. Things will knock us on our butt and some are things we do to ourselves and others are things like cancer. I Like the idea that if we know there's going to be times we're knocked on our butt, we know that there's challenges. Part of what you're saying is that you have developed a mindset where you embrace them.

David Romanelli: You have to have the stomach for life, . it's not for the faint of heart. And sometimes we lose our shock absorbers. Because it can be too easy or we just spend too much time looking at a computer screen and, we don't allow ourselves to have the fullest experience. But when you put yourself out there and you have the fullest experience, part of that [00:13:00] is failing and going through difficulties. If I didn't have kids, this wouldn't happen. I wouldn't have gone through this, right? You have kids because you are willing to put yourself out there and expose yourself to everything that you go through with kids. And ultimately, it's very rewarding, and it's really hard. I think, The more we put ourselves out there and experience life, the more we're going to learn this lesson that you're knocked on your ass what are you going to do about it right now?

MJ Murray Vachon LCSW: Do you have a North star? I want to be this kind of human.

David Romanelli: I think vulnerable and honest, because I've seen so many people who are quote unquote successful entrepreneurs and have this life, this live in the high life. They only tell you the glamorous parts of their life. And ultimately those people I've found as I get older, they usually take a hard fall. I Think along the way, if we're willing to be vulnerable and honest, you build a deeper community and people who are more willing to support you when [00:14:00] you go through a hard time. To me, those are the people I've learned to appreciate the most is those who are willing to be open with you.

MJ Murray Vachon LCSW: And that's two sides of the same coin. If you're vulnerable, you have to be honest.

David Romanelli: Totally.

MJ Murray Vachon LCSW: If you're honest, you will be vulnerable.

David Romanelli: Absolutely.

MJ Murray Vachon LCSW: This idea of vulnerability, it's fairly new in our national discussion, I've been a therapist for 36 years, until Brene Brown used the word vulnerability, it wasn't being used that much. I think it's a lovely unfolding, which is not pretty. People put out a lot of their vulnerability. When blogs, but people didn't say, oh, it was hard to have kids. People just kept it inside. I'm in Atlanta with my daughter in law and son and our first grandson. And it is hard. I'm like, Oh my God, this is so hard. I think is this beautiful, development in our culture, [00:15:00] but I like how you put the two words together. Because sometimes people are vulnerable, but they're not being honest.

David Romanelli: Yeah, it's interesting. I have a friend who had this incredibly successful business and it was always the most successful friend in my graduating class from college. Things just didn't work out and it basically went to zero very recently and she's trying to figure out how to start over right now. I've been trying to work with her on you have to tell the story. You have to be willing and able to come to new investors with your new ideas and be able to say look, I created something magical and very successful, but this part didn't work out and here's why. I think she's struggling with the courage to tell an honest story. Ultimately it breaks through the ego and it breaks through the concerns of doing business with somebody like that again, because it speaks so

deeply to your heart when someone's willing [00:16:00] to do that. We're moved by our hearts more than we are by our minds. Yeah, it's a hard lesson for all of us and it takes courage to be that way.

MJ Murray Vachon LCSW: Yeah, because we're so set on success. And there's a lot of examples of success that isn't rooted in honesty. Every month someone's being jailed. Sam Bankman, Trump. There's a lot of examples, but that's what gets airtime. People who run honest, hardworking businesses rooted in taking care of their employees, rooted in integrity, they're not going to be on the nightly news. One of the beauties about being a therapist is I get to hear about those kinds of businesses where people feel very fulfilled working for people who treat them well, working for people who pay them fairly. It's a beautiful thing.

David Romanelli: Yeah, hard to do that. It's hard to take care of your people in the right way. It takes a lot of heart and a lot of empathy and presence. I think to be aware of it, be [00:17:00] aware of your team.

MJ Murray Vachon LCSW: I always tell the story of a lovely company. Who had this big job, bigger than they really had staffing for and on the weekend, everyone's families came in to help them stuff all these folders and do all these things to get this particular project out the door. And the Monday, the owners came and walked through the office with Hershey's Kisses and went by each person's desk and personally thanked them. My friend who worked there was like, that was so awesome. They came in and they told us, thank you. And they gave us Hershey's kisses. They had given them bonuses as well. That little act of being grateful that people gave up their weekend and the sense of community that we did what we didn't think we could do and we couldn't have done it without people's spouses and kids coming in and giving some time. I thought, wow, we're all like Labradors. It doesn't take much. It doesn't take much.
[00:18:00]

David Romanelli: Yeah, a bag of Hershey Kisses is probably like two dollars, but it had such an impact. You're telling me that story, how many years later?

MJ Murray Vachon LCSW: Probably 20. Sometimes when we think about, being grateful, we forget about being the person who is grateful. Of walking through the world and giving thanks. One of my favorite people in my weekly life is the person who bags my groceries. Because they either do it well, or they've smashed my bread. There's no in between. I was at this store in Atlanta I'd never been to, and Thelma, who I would say was probably 80, she could be in your book, and she was the best grocery bagger I've ever seen. I said to her,

Wow, you are excellent at this. You are excellent. I come from the city where there was a young guy who won the national grocery bagging champion and you're better than him. You're kidding. Yeah, there is. I said, you should go in there. She said, Oh, I'm too old. She was pretty sour.[00:19:00] By the end of our conversation, she was laughing it doesn't take much to make us feel better.

MJ Murray Vachon LCSW: Cause you work with children, you have children, how do you try to teach your children? to be grateful.

David Romanelli: Oh my God. It's so challenging. Mostly explain to them that when you're grateful, you open up life and life opens up to you. The example I always give them is if you go to a birthday party and you give the person whose birthday is a really nice present, you go out of your way to think about what they'd like, and you wrap it beautifully, and you give it to them, and they never say thank you. You probably would not be so likely to get them a really nice present next time, but if you show up, and you give them a nice present, and they're so grateful, and so appreciative, and tell you how much it means to them, and write you a note, you would be more likely to get them another nice present next time. I think life works the same way, that when we express... gratitude for the gifts. We're more [00:20:00] aware of our gifts and focused on our blessings and we perceive more of them all around us all the time. But when we're not grateful, we narrow our focus we don't even perceive the gifts and blessings when they're right in front of us. That's a story that we talk about around the dinner table make sure that you're expressing and feeling gratitude for what you do have in your life instead of what you don't have. I just saw this movie, really great movie called Inseya, and it's an Icelandic documentary about intuition. Inseya is the word for intuition and all the science that they've, done on intuition now, which actually was surprising. Basically, we have this narrow beam of focus that we live in each day, looking at our computer, looking at our TV, looking at our phone, we live in this narrow beam of focus. And the intuition is what happens when you're able to access everything beyond the narrow beam of focus. I think there's a lot of gratitude in living in that vast space instead of in that little tiny one. We try to talk about it in [00:21:00] that framework.

MJ Murray Vachon LCSW: I love that you just tied gratitude to intuition. I've never thought of those two together. But intuition is a spirit within us that tells us things that we might not always have access to unless we're quiet, unplugged. You're insinuating that intuition can actually lead to gratitude.

David Romanelli: Yeah. That word Inn Saei I translates to mean the sea within, but also it translates to mean to see within. Your intuition will help you perceive gratitude, but your rational mind is the opposite. It will tell you what you don't

have and what you need and what you should want. Which is obviously in opposition to gratitude. Intuition does do that.

MJ Murray Vachon LCSW: That's really beautiful, I'm going to have to think about that more because I've never tied the role of intuition in cultivating gratitude.

MJ Murray Vachon LCSW: Is there anything that you think, Oh, I would [00:22:00] want people to know this if they want to be someone whose perspective leans towards gratitude?

David Romanelli: That's a great question. I think the biggest thing that I've done when I give speeches is I ask people to close their eyes for a minute. And we can even do it when you're listening. Think about the person that loves you the most. It could be somebody who's passed away or somebody who's still with you every day. It could be a grandparent, a best friend, an animal, a spouse, a child, and think about how that person makes you feel, and can you be that for yourself?

David Romanelli: Because we tend to be so hard on ourselves, and we have this inner dialogue that's very critical and self-doubting and even self-hating. It changes everything when you are the person who loves you the most. And you can show up for yourself with that [00:23:00] kind of compassion and love and generosity. It's interesting because people who are very resistant to meditation and the notion of closing their eyes realize in a moment like that, that being hard on ourselves is not really a winning formula, certainly not for gratitude. But when we're hard on ourselves, it's really hard to open ourselves to the other people that we love and to even enjoy the good things that happen in our life. We're always driven to succeed more, and it's hard to ever stop and realize all that you've accomplished and all that you've experienced.

David Romanelli: That idea of self-compassion is not a very American concept. But I find that people that you would least expect in the audience are drawn to tears. There's unfailingly somebody who's crying because you could tell that they're just putting themselves through the ringer. That would be the one thing that I've learned in my 50 years of life that is such a healer is how do you treat yourself? What do you say to [00:24:00] yourself? Do you afford yourself the love ?

MJ Murray Vachon LCSW: We're talking about gratitude and you take a left-hand turn, in my opinion, by talking about self-compassion. Being compassionate to oneself often stops the judgment, often stops what in our

culture is like a never-ending desire for more. Whether that more is materially, but also whether that more is personally. I should be my best self. Which sets us up to feel like we're not enough. Why I said it's a left turn is because self-compassion, often people think makes people selfish. Oh, they're just thinking about themselves. They need to get out of themselves. What you're suggesting is, no, it's actually the opposite. When we are kinder and more loving to ourself, What is within us is kindness and love, and that's what we give to others. It ends up really being something that fuels. [00:25:00] gratitude when we turn inward and we start with being kind and loving to ourselves. Is that what you're saying?

David Romanelli: One of my friends says you got to be on your own team. It's like you see these sports teams that win the championship and they have this teamwork and they're bonded together as one. But if you look in your own self, it's like we have opposing thoughts and voices and feelings and we're completely disjointed in our own psyche and our own heart. You have to be on your own team to heal and to thrive and to be grateful.

MJ Murray Vachon LCSW: One of the things you seem to have in abundance is the desire to know yourself and to use that knowledge for good. It's one of my burning questions as a therapist, because a lot of people come to therapy that don't even know that self-awareness and self-knowledge is really important. I wonder how that got cultivated in you.

David Romanelli: Oh, that's a great question. I [00:26:00] think you're born with the curiosity always had a Spirituality, I'm fascinated in whack a doodle topics like UFOs and, psychedelic therapy and life after death. It just gets me out of the day to day, and I daydream about these sort of topics. I've always been inclined to wonder, when I can turn that inwardly it's healthy. You might equate it with what you just referenced, self-knowledge, wisdom, etc.

MJ Murray Vachon LCSW: I love the fact that you said you were born curious. Because I think all people are born curious, but we can lose it along the way. How did you happen to not lose yours??

David Romanelli: it's been my profession. I create audio guided meditations that sort of play like a podcast, but segue into Time for Reflection. On my website is a link if you want to try it out. It forces me to have an [00:27:00] ongoing conversation with my community about everything from sports, to music, to art, to, what I learned with my daughter's healing journey. Some days I want to share and talk and have a lot there and some days I don't, but it's built that muscle of reflection because I have a community that want something to

explore each day and it's my role, I think, to share that. So, I've built that muscle.

MJ Murray Vachon LCSW: I would encourage listeners to check out your podcast because what I love about your method is, his podcast is 10 minutes long, and you're a great storyteller, but then you lead people into a short meditation space. As a therapist, I've worked really hard to try to get clients who it's appropriate to consider meditation, but it is really difficult for people to meditate cause we have busy minds and people think that the [00:28:00] point of meditation is to empty our mind, but it's really as equally helpful to pay attention to what's going on in our mind as a form of meditation. I love the method that you use on your podcast. I think it's really approachable and doable.

David Romanelli: It's about engaging the mind differently so that you can get to a place where you can relax. A lot of times people tell me they listen in and they fall asleep at night. I take that as the biggest compliment, because if I can put you to sleep, that's the best kind of meditation, in my opinion. The meditation Zen gurus would probably not agree with that.

MJ Murray Vachon LCSW: Meditation is like shoes . There's lots of different kinds you have to figure out what's the kind that works for you. I you found this really unique niche. You're stories are about everyday things and that's why I said in my introduction, you just have this capacity to look at things with a twist. That's a real gift you offer to people in such an approachable way [00:29:00] is really clever.

David Romanelli: It's not really a podcast per se, but if you go on my website, davidrominelli. com, it says Meditate On, that's what I call it. You click that and try it out for a few days. And every day it's meditate on a different subject.

MJ Murray Vachon LCSW: In closing, if you're going to try to inspire people to be more grateful, what would be one or two things you would say to them?

David Romanelli: The oldest lady ever lived to be 122, ate two pounds of chocolate each week. You often hear these stories of joie de vivre, the lady that was 111 who inspired my book, her three tips for happiness, we're sex, vodka, and spicy food. They do something each day that allows them to really cherish the gift of life. Because it's so common that you put your head on the pillow to go to sleep and you had a busy day and you don't remember a single thing that happened. Who wants to live like that? If just once each day you carve out a moment to do something you really [00:30:00] cherish, and love. That's a huge part of giving yourself the luxury and the space to be grateful because when

you're just on the go and you're frenzied and rushed from one moment to the next, it's not really any time for gratitude.

David Romanelli: I think also having a sense of humor. It's very common to squeeze so tightly, that we squeeze all the joy and gratitude right out of the equation. The 111-year-old lady, I interviewed, the social worker put his hands on her shoulders to help her lie down because he thought she was tired. And she said to him, are you propositioning me? Still making those jokes under 111. We got to remember to laugh and not take life so seriously, because that's no fun.

David Romanelli: A lighter approach. A softer approach, loosen your grip. I mentioned resilience when you get knocked down, you can stay down for a while, but at a certain point, you got to get up and keep [00:31:00] trucking.

MJ Murray Vachon LCSW: Those are great points. It's really important to find things that make us happy and that doesn't have to be a world cruise. I like people to find things that cost nothing that they can do at any time during the day.

David Romanelli: Yes, I have a mantra. I call it BFD. A beautiful, funny, and delicious moment a day keeps the stress away. It's a great conversation to have with kids. Yes. What was your beautiful moment? You saw the full moon, you watched the sunset, you heard the street musician. What was your funny moment? Something that happened at school that made you laugh? What was your delicious moment? And it could be right there over dinner that you're going to slow down and enjoy this bite of food instead of just scarf it down.

MJ Murray Vachon LCSW: That's awesome. We're going to end on that. Thank you so much.

David Romanelli: Thank you.

MJ Murray Vachon LCSW: And here are my Inner Challenge insights.

David Romanelli: Insight number one.

David Romanelli: We often think of gratitude as being a response to life, but today's guest offers the idea that gratitude is a perspective we intentionally look for [00:32:00] when things go our way, as well as when they don't. In our most challenging times, cultivating gratitude can be a bit more intellectually and morally demanding than a thank you note.

David Romanelli: Insight number two.

David Romanelli: Speaking of thank you notes. I am a big believer in them. Not just ones that I write to others. But those that I write and say to myself, Hey, MJ. Thanks for doing the dishes. Hey, M J. Thanks for doing the wash. Hey MJ, thanks for digging deep and not being mean to that person who hurt your feelings. Way to go. Yep. When I want to be recognized or when I have gone above and beyond. I just say thank you to myself out loud. I kid you not. I have done this every day for decades and it still makes me laugh. No stamps are necessary. .

David Romanelli: Insight number three.

David Romanelli: What if in our worst times we monitored the stories we told ourselves. You know, we wrote them down. And looked for other ways to narrate the awful. For [00:33:00] example, this un- expected job loss actually frees me to look for something I enjoy more and with all my free time, I might as well work out and paint the living room. This heart-wrenching breakup means I will not stay with someone who does not love me. Chemo is actually giving me super power in the tubies. Notice? Do you have resistance to moving your stories from the worst possible outcome?

David Romanelli: Insight number four.

David Romanelli: Life is demanding. I love David's emphasis on doing something every day that we enjoy. It can't just all be carpools, spreadsheets and meetings. Think small. A, walk with a dog. One show you enjoy and savor, popcorn, listening to music. It's really hard for us to feel gratitude if every second of our life is filled with the to-do list.

David Romanelli: Insight number five.

David Romanelli: Instead of take five, give five. You know what I mean? Say thanks to the barista, the [00:34:00] swimmer who shares the lane with you, the grocery bagger, your colleague who actually cleans up the coffee room and the person who holds the door for you. Try to give five thanks a day to those who help you in small ways. It really makes a difference.

David Romanelli: Insight number six.

David Romanelli: The secret to holidays is to be in the present moment. So last year, your relative hurt your feelings. Uninvite those feelings to this year

celebration. You and your siblings don't agree on politics. Be grateful that all you have to do is eat Turkey and not come up with a resolution for Ukraine. Most holiday celebrations last two to three hours. But the time spent after and before nursing grudges and replaying old wounds lasts for days, weeks and months. If you remind yourself, All you need to do is be present. You may find yourself a lot more grateful.

David Romanelli: Insight number seven.

David Romanelli: I [00:35:00] wish you luck on your daily search for your BFDs. Beautiful, funny and delicious moments. If you want a shortcut, just find a baby. I'm here with my new grandson, Neel. And let me tell you, he's a BFD all day long.

David Romanelli: Insight number eight.

David Romanelli: Lastly, I end in gratitude for my great nephews, Asher and Casey, whose joy and gratitude led me to meet David.

David Romanelli: So, enjoy the Turkey. The dressing, the cranberries, and don't forget a side of BFD. This is your Inner Challenge.