



Things I take for granted . . .

To sleep on a mattress
To take a hot shower
Shampoo my hair
Brush my teeth
Flush the toilet
Put in hearing aids
Turn the thermostat up

Have a cup of coffee
Get ice from the fridge
Drink filtered water
Have a cup of hot chocolate
Reach for a healthy drink
Pick an orange or a pomegranate
Make and frost a bundt cake

Open a window
Watch children walking to school
Read a book

Phone a friend
Visit a website
Order clothes online

Watch TV
Wind the grandfather's clock
Vacuum
Collect stamps
Work on a 1,000-piece puzzle

Take a Tylenol
See a doctor
Dial 911
Go to a hospital
Get a new hiip
Order prescription glasses online
Pick up medicine from a pharmacy

Attend a public school
Go to a movie theater
Use a drive-thru
Order a hamburger
Check out a book from the library
Bring in the mail
Take a music lesson
Vote

Ride in an elevator
Fly in an airplane
Take a bus
Go by train
Have a vacation

**Things some people never do—
even once—
in their entire lifetime.**