**Mother’s Day 2020 – An Open Letter to Mom**

Dear Mom,

Today I will set aside my corporate work.

Today I will put away the cell phone.

Today the TV will not turn on.

Today I will eat healthy all day.

Today I will have sourdough waffles, yogurt, cheese, and bread.

Today I will have an extra serving of vegetables.

Today I will go for a hike in the woods.

Today I will stop to smell the flowers and listen to the birds singing.

Today I will work in the garden.

Today I will give the one I love with all my heart an extra hug.

Today I will talk with my dad, my Aunt Claire, and my brothers.

Today I will put the needs of others ahead of my own.

Today I will get extra sleep.

Today I will have fun.

Today I will live and practice “moderation”.

Yes mom, the above are all the things I should do more often than I do.

Yes mom, I know you would often remind me of that.

Yes mom, I know you desired the best for me, even if I could not see it all the time.

While today will be the first Mother’s Day without you here on earth to guide me, I know you are still trying to guide me from above.

I miss you so much mom and I think of you often, but today, in memory and in honor of how you lived your life, I will try to live my life in a way that would will make you smile.

Happy Mother’s Day Mom!

With love forever from your son,

Dwight