

Divorce Bucket List by Jennifer Harris

EXCERPT

Deciding to be more actively present and grateful in the moment, I ventured back to the beautiful Kensington Gardens the following day. It was there that I made my first gratitude journal entry:

I am sitting here in the beautiful Kensington Gardens in London. It's another gorgeous, sunny day, and the sun's warmth can be comfortably felt through the shade of the trees around me. The sound of the five surrounding water fountains gently flowing into a beautiful pond provides a sense of tranquility. I'm surrounded by relaxed families, couples, groups of friends, and even some who appear to be fellow solo travelers. I feel at peace in this moment, witnessing the miracles of life all around me. There is so much beauty in the present. I am thankful for this serenity, this beautiful day, and these views.

That trip went on to be the most amazing trip I've ever been on, even though I went alone. I made so many memories in London that I could write another book dedicated entirely to that trip. I got to tour many historical places, stand in spots where world-altering events took place, experience a day at boozy brunch with locals, and my birthday the following day at an inflatable adult obstacle course with new friends. I partied the night away with people I'd never see again. I ate the most delicious meals in historical settings. I danced with and kissed a tall, dark, handsome Italian man. I drank pints with my dinner each night and lived out things I'd only previously dreamed of. I met people from all over the world and learned so much. More importantly, I began the steps of exploration I needed to find myself again. It wasn't until the end of the trip that the most magical thing happened, but, first, we must look at some of the other things I had been doing behind the scenes along the way and leading up to the trip!