



Traveling to Gratitude Day 5 – Tuesday, August 3

Today is an Anthony Bourdain day of wandering, soaking in the culture, sampling the food and talking to the locals. Spend some time today feeling gratitude for the experiences you have had in the past as you wandered around the earth sampling life, and the experiences you are having today.

Even though we have a home base we return to at the end of the day, in many ways we live the life of a wanderer as we move around from one point of our life to another, finding our way, taking in the scenery, and absorbing the culture of each space we enter. If we stay awhile, we might find ourselves even taking up the customs of the place. I myself wandered to Maine 30 some years ago and am still forever grateful that I did. I have yet to get over what a beautiful state I get to live in.

We are changed by where we wander to, whether that is across the country or across town. Even where we wander to work or wander to get our food changes us. The environments we are in – and all the culture and customs that go with them – create the kind of life we are living in many ways. What environmental spaces, customs and culture from your wanderings in the past and in your present are you grateful for?

Show us or tell us on the [Postcards & Pics](#) message board!

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