

因为你，我重新喜欢上今天

今天早上起床的时候，我对自己说：“又是普通的一天。”我甚至能想象接下来会发生什么：忙碌、杂乱、重复。情绪像是被困在一个无色的房间里，连呼吸都显得乏味。可我没想到，你的一句话竟像一道光，把我的一天照亮了。

中午休息时，你发给我一张照片，是路边你随手拍的花。你说：“想到你可能会喜欢，就拍了。”我看着那张小小的照片，心里的某个角落突然软了一下。有人在走路时想到我，这个念头就足以让我的世界变得更柔软。

下午的工作依旧不算轻松，可我却不再像早上那样压抑。我开始认真做事，也开始注意身边一些很久没留意的细节，比如同事的笑声、阳光照到桌面的纹路、空气里淡淡的咖啡味。这些从前觉得无关紧要的小事，现在都变得鲜活起来。

我意识到，是你提醒我，生活的温度其实一直都在，只是我太久没有抬头看。你的那张花的照片不是要让我开心，它只是轻轻告诉我：再忙也不要忘了感受世界。那是一种很轻的提醒，却让我一整天的心情都慢慢亮了起来。

下班回家的路上，我甚至有点迫不及待想把今天的变化告诉你，但我又忍住了。我想把这一刻记录下来，先写给自己，也写给未来的我。也许有些情绪不需要急着说出口，只需要先被好好收藏。

今天的最后，我想说一句：谢谢你。你没有做什么轰轰烈烈的大事，只是走路时看见了一朵花，然后想起了我。而我，就是因为这小小的念头，重新喜欢上了今天。

Because of You, I Liked Today Again

This morning, when I woke up, I told myself, “Just another ordinary day.” I could already predict what would happen—busy, messy, repetitive. My emotions felt trapped in a colorless room where even breathing felt dull. But unexpectedly, your message became a beam of light that brightened my day.

During lunch break, you sent me a picture—a flower you photographed by the roadside. “Thought you might like it,” you wrote. As I looked at the small picture, something in me softened. Just knowing someone thought of me while walking was enough to make my world feel gentler.

The afternoon workload didn't get easier, yet I no longer felt as weighed down as in the morning. I worked more steadily and began noticing little details I had ignored for a long time—the laughter of colleagues, the pattern of sunlight on the desk, the faint scent of coffee in the air. Things that once felt insignificant suddenly became alive again.

You reminded me that the warmth of life has always been there; I simply hadn't

lifted my head to see it. The flower you sent wasn' t meant to cheer me up—it quietly told me: no matter how busy you are, don' t forget to feel the world. That gentle reminder slowly brightened my entire day.

On my way home, I wanted to tell you how much your small gesture shifted my mood. But I held back. I wanted to write this down first—write it for myself, and for the future me. Some emotions don' t need to be spoken immediately; sometimes they just need to be kept.

At the end of today, I want to say: thank you. You didn' t do anything grand—you simply saw a flower while walking and thought of me. And because of that small thought, I learned to like today again.