

Which best describes your attitude?
You have the power to choose.
Choose HAPPY!

Today was the absolute worst day ever.
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that it's all in the mind and the heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality creates my attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day

--Unknown

GRATITUDE IS THE BEST MEDICINE. IT HEALS
YOUR MIND, YOUR BODY AND YOUR SPIRIT,
AND ATTRACTS MORE THINGS TO BE
GRATEFUL FOR.

The Best Day of My Life

Today, when I awoke, I suddenly realized that this is the best day of my life, ever!

There were times when I wondered if I would make it to today; but I did! And because I did, I'm going to celebrate!

Today, I'm going to celebrate what an unbelievable life I have had so far: the accomplishments, the many blessings, and, yes, even the hardships because they have served to make me stronger.

I will go through this day with my head held high and a happy heart. I will marvel at God's seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds.

Today, none of these miraculous creations will escape my notice. Today, I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know.

Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for her and how much she means to me.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things God has already given me. I'll remember that to worry is just a waste of time because my faith in God and his Divine Plan ensures everything will be just fine.

And tonight, before I go to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will praise God for these magnificent treasures.

As the day ends and I lay my head down on my pillow, I will thank the Almighty for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation because I know tomorrow is going to be the best day of my life, ever!

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