

Thoughts for the Day:

"Reflect upon your present blessings, of which every man has many--not on your past misfortunes, of which all men have some."

-- Charles Dickens

---"weave the threads of loss into a blessing --- loss can give you a chance to rediscover new interests, explore new passions, and meet different people."

---Taken from "Sometimes A Loss Can Be A Gain"

Daily OM: Nurturing Mind, Body & Spirit.

And, as a speaker once told us, "Remember to look up and smile".

"Pat yourself on the back when you notice a small success and make a mental note of it."-----

--"I nstead of staking your happiness on getting a promotion, buying a new car, or being the winner, stake it on your ability to conquer the ups, downs, and responsibilities inherent in living."

--Taken from "Thinking Small: Life's Little Victories"

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