

CHOICES

How many of you wake up in the morning smiling and looking forward to the day ahead? Why would it make a difference if you woke up with a smile or not? I have written before that people can tell if you're smiling when they talk to you on the phone, in person seeing you smile first thing makes a huge difference when creating a first impression. Did the day start bad and continue to go bad? We truly have the ability to determine the type of day we are going to have. It's all about choices. Do the choices you make affect you positively or negatively?

I have a wonderful poem written by Charles Swindoll called "Attitude". If you have never read it the last two sentences are as follows:
*"I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our **Attitudes**."*

A good friend of mine gave this to me and it means a great deal to me and about a year ago this poem took on an even greater meaning to me. I am married to someone I consider to be one of the most positive people I have met. He wakes up in the morning smiling and happy. I had always considered myself somewhat positive but after inquiring opinions of some trusted friends I was surprised to learn I wasn't perceived as the most positive person. Michael and I listened to a CD called "The Strangest Secret" by Earl Nightingale and were then introduced to "The Secret" by Rhonda Byrne. Two different publications one similar message, you are what you think about. You are in control of your own destiny. If you think life is terrible, it will be terrible. If you think positive, positive things will happen. I have always believed everything happens for a reason and now that I have committed to being positive good things can happen. What a difference this has made in my life. I am waking up happier and my days are much more pleasant. I have truly seen a difference in the things that are happening in my life. I enjoy life and am enjoying the people around me. What a difference it has made seeing the good in what happens, the stress melts away.

So my message to you is that you have choices. If you're unhappy with things in your life change them. The only one that can make a difference in your life is you. You are in control of your happiness.

Let people hear the smile in your voice. Let people see you, the smiling person that makes a great first impression. Look forward to waking up and living your life. If you need inspiration I recommend either of the two items above. I would also recommend you watch the movie "Freedom Writers". This is a true story that shows that you can make a difference no matter what your circumstances.

Kim Popella