

Positively Speaking

By Mark Wilson

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Have a Good Day

1. Determine to have a good day.

Make up your mind that you are going to make the best of this day, no matter what! A firm decision to live positively is half the battle.

2. Start your day with a prayer.

Before you get out of bed, pause and thank God for your life and ask for guidance and wisdom.

3. Don't sweat the small stuff.

Isn't it funny how we can become so uptight about non-essentials? My friend, Eunice Walker, calls these petty frustrations "bugs on the windshield of life." Refuse to let minor annoyances get the best of you.

4. Look for postcards from heaven.

Every day God sends postcards that say, "I love you." He hides them in the most unexpected places - and you have to search in order to find them. Each day is packed full of blessings for you to enjoy. Look again!

5. Release your resentment and regret.

Some people are hostage to the past. Regret and resentment (the siamese twins of misery) bind us up so we cannot enjoy the present. Yesterday is history. You can't go back and change it - but you can do something about today. Make the most of your moments - and do not allow bandits from your past to rob your joy.

6. Invest your life in service to others.

One of the best ways to be happy and fulfilled in life is to be a blessing to others. Look for ways to help and encourage other people, and you will be rewarded with happiness. I've never yet met a generous grouch.

7. Always tell the truth.

Honesty brings freedom to the soul.

8. Nurture your most important relationships.

Be sure to cherish your faith, family and friends. Don't get so caught up in the hectic pace of making a living that you forget to make a life. The human heart is rich, indeed, when full of love.

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