

FOR TODAY February 2 writing

"Most folks are as happy as they make up their minds to be." Abraham Lincoln

Well another morning of precipitation - God Bless Us! We've had 3 different storms in the last two weeks. All Different. Today I could call this the strength-training segment of my personal fitness program because it is heavy wet slush. On good days I say to myself - "Thank you God that I can give my husband a hand with this!" He has some medical issues and shouldn't do shovel by himself.

So I started with the gratitudes today - Thank you God that I have some music with a beat on my mp3 player! Thank you God I have these Yak Trax that help me stand on the ice and snow. Thank you God that I had enough strength to push the shovel. I was soaked when I came in but okay. Ten years from now I might not be able to do this.

A friend of mine who had a terrible accident years ago said to me after she recovered - "Christina, These are the good old days." I need to treat my days like that. The program points me in those directions. I am so grateful for this help.

I read in one of my meditations that Gratitude and Compassion are energy boosting thoughts. I believe that. I have abundance when I'm in a grateful frame of mind. For today I choose to be in the Happy group.

Have a good one!