

If you so choose

If you so choose, the challenges can make you stronger. If you so choose, the disappointments can make you more determined.

If you so choose, every mistake can lead to greater understanding and effectiveness. If you so choose, every frustration can help you to be more patient and more persistent.

If you so choose, even the unexpected setbacks can bring new and positive possibilities. If you so choose, you can find value and fulfillment in every circumstance.

If you so choose, each day can be filled with even more joy than the one before. If you so choose, even the most seemingly random events can work in your favor.

If you so choose, you can remain steadily focused no matter what distractions may attempt to throw you off course. If you so choose, you can look back on this day with no regrets.

Life is filled with an endless variety of circumstances, opportunities and possibilities. If you so choose, you can make the most of it all in this and every moment.

■ Ralph Marston