For everything that happens in a person's life, there is a reason-

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Choose your attitude.

Vour choice of attitude can decide Negative thoughts have no power

Write a list of blessings and keep them handy to read

-Sheri Rose Shepherd

There is enough good and bad in everyone's life —ample sorrow and happiness, sufficient joy and pain

You can choose to laugh or cry,

It's your decision!

From which perspective do you want to view life?

An optimistic attitude is not a luxury; it's a necessity. The way you look at life will determine how you feel,

Conversely, negative thoughts, attitudes, and expectations feed on themselves; they become a self-fulfilling prophecy. Pessimism creates a dismal place

The only thing more powerful than negativism

Rich DeVos, co-founder of the U.S.-based firm Amway and owner of NBA Orlando Magic Jerome K. Jerome was a British writer whose father died when he was 12, and at 14 he had to go to work to support his mother and sister.

His life got even harder when his mother died, but after many different jobs, the end result was that he became a writer—not of sad stories, but a famous humorist, writing funny stories to encourage others.

After such a hard beginning in life, he said:

"It is from the struggle, not the victory,

—Maria Fontaine

If you want to have a change in attitude, ask God to show you the good side,

THE POSITIVE SIDE TO SITUATIONS!

For everything that happens in a person's life, there is a reason, and there is help from Above. So if you feel you are getting swamped with negative thoughts, that you can't help but think in a despairing, hopeless way, ask God to show you the "upside" of the things that are happening to you. The Bible says in Romans 8:28, "All things work together for good to them that love God, Do you love God? Then that promise is for you!

For you He can turn bad to good and help you find the silver lining in any cloud He allows to overshadow you.

So don't let those clouds stay there for long!

LOOK FOR THE GOOD, and God will help you find it!

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