

TODAY I CHOOSE JOY

Every moment, we make choices about how we behave.
Consciously or unconsciously.

What do you choose **consciously** today?
Will you focus on fear?
Or gratitude?

That choice will influence everything you do and say,
every interaction you have.

Revisit your mood every hour and see if you have lost
your focus and decision to choose gratitude.

Gratitude will relax your whole body...calm your mind
...you will think more clearly and creatively...
you are more open to appreciating small things
that lead to a feeling of joy.

Focusing on gratitude,
looking for things for which to be grateful
brings you joy - and a sense of peace in the storm.

You may not be able to choose your circumstances but
you certainly can choose what you do with them.

YOU CHOOSE the story **YOU** tell **YOURSELF**
about what is going on.
That story will bring you **JOY** - or not.