

Every Cloud has a Silver Lining

We've all heard the phrase, but sometimes it's difficult to see the good in an otherwise negative situation.

Try, at the end of each day, to think of three good things that happened to you that day. No matter how bad the day was, there are almost always a few simple, small things. Maybe somebody smiled at you, or your car started in the freezing weather, or your lunch was especially great. If you're really stuck, the absence of a negative event often can be seen as a positive. Think, "I didn't slip on the ice while walking to work today", or "I haven't caught the cold that's going around, at least I have my health".

When we feel badly, we tend to only see the negative things happening around us. Conversely, we tend to focus on positive things when we are feeling good. If we can bring our attention to the positive things that are happening in our lives each day, we can change our outlook and be happier people.

On the same note, sometimes there are people in our lives who we just cannot see eye-to-eye with. Maybe they have different values, a sense of humor that doesn't jive with yours, or perhaps you just don't feel respected by them. Next time you find yourself around that person, try to think of one thing that you like about them. It could be as simple as appreciating their love of animals, their work habits, or their devotion to family.

With situations or people that challenge us, sometimes it is difficult to see anything positive. However, it is up to us to decide how to interpret what we experience. Choose to be positive, and you will see the results!

"Instead of complaining that the rose bush is full of thorns, be happy that the thorn bush has roses."

-Proverb