



How you choose to look at life definitely influences how life will be!

# Ladies, How's Life Looking To You Lately?

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Have you ever felt sorry for yourself because of where you are in life? Do you ever question whether or not your dreams will come to pass? Is it difficult to stay positive when something seems to always come up to try to block, distract or discourage you?

For most people, these kinds of thoughts do come to mind every now and then. Life can become chaotic at times, working your nerves and testing your resolve. Anxiety, worry and even depression can easily follow when these thoughts dominate your thinking.

I remember an article in the New York Times about a prosperous and well-respected businessman who committed suicide. He had suffered from depression. From all appearances, he had it all—success, wealth, a good name and family—but that was not enough to keep him from j

umping to death.

No matter how overwhelming life gets, it is extremely important to remember that nothing stays the same. Today may seem bleak, but tomorrow may be bright. Today may bring misery, but tomorrow can bring merriment.

How are you looking at life? Is the cup half empty or half full? Sometimes all it takes to be more positive is to take a good look around you. What do you see? It doesn't take long to find situations that are worse than yours.

You cannot think two thoughts at the same time. If possible, try to focus on what is already good in your life or what you want it to be like. How you choose to look at life definitely influences how life will be.