

"**Five frogs** are sitting on a log. Four decide to jump off. How many are left?"

There are still five - because there's a difference between deciding and doing."

"Five Frogs On A Log" by Mark L Feldman & Michael F Spratt

"Inspirational thoughts and motivational quotes." *Inspirational thoughts and motivational quotes*. N.p., n.d. Web. 09 Mar. 2017. <<http://www.rogerdarlington.co.uk/Thoughts.html>>.

"**Year's end** is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

- Hal Borland

Shedding the Layers

Have you ever been invited to a special occasion and thought, "oh my goodness, I have nothing to wear"?

If so, the following story is for you...

"When I was invited to a special dinner, I was near tears searching for something to wear. Nothing hid my extra bulges or the loose skin on my neck that screamed my age. Sighing in defeat, I put on my usual black turtleneck and slacks, feeling as frumpy as ever.

"At dinner, the boss's wife dazzled in her designer top, leggings, jewelry and high-heeled boots. I sank down a bit in my chair as her eyes met mine. 'Your outfit is gorgeous,' I blurted nervously. 'I wish I could wear things like that.'

"She looked surprised. 'I was thinking the same about you,' she said shyly. 'You have a lovely style that says you are confident. I wish I could pull it off...I tend to overdo.'

"I blinked. Was that how she saw me? Was she feeling as self-conscious as I was? Suddenly, I realized neither of us saw ourselves as we truly are. Inspired, I exclaimed, 'You're beautiful' She beamed and raised her glass.' To us,' I said. 'May we always see our true beauty...inside and out!'"

Mann, Helen. "Shedding the Layers." *First for Women* 31 Oct. 2016: 40. Print.

Optimist

Someone who figures that taking a step backward after taking a step forward is not a disaster.

It's more like a Cha-Cha!

The Optimist Creed

Promise yourself . . .

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Larson, Christina. "A quote from Your Forces and How to Use Them." *Goodreads*. N.p., n.d.

Web. 19 Jan. 2017. <http://www.goodreads.com/quotes/189796-promise-yourself-to-be-so-strong-that-nothing-can-disturb>

Women Like You

There are women who make things better...simply by showing up.

There are women who make things happen. There are women who make their way. There are women who make a difference. There are women who make us

smile. There are women who do not make excuses and women who cannot be replaced. There are women of wit and wisdom who – through strength and courage – make it through. There are women who change the world everyday...**women like you.**

Ashley Rice

Rice, Ashley. *Words Every Woman Should Remember : messages of support, gratitude for all you are and all you do.* Boulder: Blue Mountain Press, 2012. 8. Print.

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Serenity

In real life, serenity depends on coping and coping well. Rising to the occasion.

Consider the following scenarios. You have a flat tire on the way to an important business meeting. You find yourself locked out of the house. You discover that your husband's college roommate is coming for dinner in two hours. The pipes freeze. The puppy swallows and earring. Someone's sick or snowed in. You're asked to send money, switch car pool trips, show up for jury duty. One minute you're called out of town the next you're asked to step in on a moment's notice to save the school bazaar.

Real life is a collision—day in day out—of the improbably with the impossible. Longfellow believed that situations that call forth our coping abilities are “celestial benedictions” in dark disguises, sent not to try our souls, but to enlarge them. Just as dough rises in a bowl. Expanding before it becomes bread, we become larger than we ever thought possible when we rise to occasions, performing miracles with good humor and grace. Coping well enables you to see beyond the circumference of circumstance, so that the Real in the center of your daily round is not hidden by happenstance.

Most women are geniuses at rising to the occasion. But we've never realized how extraordinary this talent really is, because it's second nature by now. We've never given credit where credit is due, because we've never given coping much thought. But if women who cope well ran everything, Nirvana wouldn't only be the name of a grunge band.

We become more adept at rising to the occasion each time we see ourselves doing it. Every time we cope well with whatever real life throws our way, it's another deposit of confidence, creativity, and courage in our self-esteem account.

So congratulate yourself each night for handling the unexpected with finesse.
Well done.

Today, tomorrow and next time when you need to rise to the occasion, do it with style. Do it with a knowing smile. Confound them. Astound yourself. Make it look easy, and it will become so.

Unknown

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