



Change

If you change the way you look at things,
the things you at look change.

It's tempting to say, "I can't face another day,"

When there's so much heaviness to face.

But who said I have to face the day head on?

Give it a loving glance—maybe I'll see a glimmer of goodness I didn't expect to see.

It's tempting to say, "I'm failing,"

When my life looks like a mess.

But who said I have to have it all together to believe progress is happening?

I won't try to clean up the mess but look for the evidence of growth and goodness in messy piles and broken pieces.

It's tempting to say, "Why do I even bother?"

When it feels like nothing's ever reciprocated or appreciated.

But who said there's not an unspoken "thank you" in the eyes of those who count on me?

Flowers of appreciation might not be visible today, but it doesn't mean they won't be someday.

It's tempting to say, "This is the last place I want to be,"

When stuck in a mind-numbing routine.

But who said I must be on a tropical getaway to feel passion, spark, and life in my weary bones?

Getaway moments can be found in a pair of cosy slippers, cups of tea or leaf covered pavements if I put my heart and focus into it.



It's tempting to say, "I lost it again,"

When I think I'm doing more damage than good. But who said my meltdowns are being counted and tracked?

Before I throw myself under the bus, I should acknowledge the hearty doses of love and presence I dish out every day.

It's tempting to think the worst, but it's not helpful or healing.

If I've learnt anything it's that our thoughts determine what's going to come out of our mouth... what's going to be the next move... and perhaps whether you're going to give up or hang on.

Your thoughts touch your loved ones and influence what they think... what comes out of their mouths... what steps they take... and perhaps whether they give up or hang on.

Your thoughts are the first step to a better day and so much more.

So next time I'm tempted to think the worst,

I'll Catch it, Hold it, Consider it

Who says I have to listen?

Acknowledge it, Then let it go

So something hopeful and healing can take its place in my heart, mind, body, and home.

- Hayley Louise Stiff