

Picking Happiness

A gift from the internet

She is 92 years old, petite, well poised, and proud. She is fully dressed each morning by eight o'clock, with her hair fashionably coifed, and her makeup perfectly applied, in spite of the fact she is legally blind. Today she has moved to a nursing home. Her husband of 70 years recently passed away, making this move necessary.

After many hours of waiting patiently in the lobby of the nursing home, where I am employed, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet curtains that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room...just wait," I said. Then she spoke these words that I will never forget:

"That does not have anything to do with it," she gently replied. "Happiness is something you decide on ahead of time. Whether I like my room or not, does not depend on how the furniture is arranged. It is how I arrange my mind. I have already decided to love it. It is a decision I make every morning when I wake up. I have a choice. I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or I can get out of bed and be thankful for the ones that do work. Each day is a gift, and as long as my eyes open, I will focus on the new day and all of the happy memories I have stored away...just for this time in my life.

Old age is like a bank account. You withdraw from what you have already put in.

I believe-
that our background and circumstances may have influenced who we are,
but we are responsible for who we become.

I believe-
that no matter how good a friend is, they're going to hurt you every once in
a while and you must forgive them for that.

I believe-
that just because someone doesn't love you the way you want them to doesn't
mean they don't love you with all they have.

I believe-
that true friendship continues to grow, even over the longest distance. Same goes for
true love.

I believe-
that it's taking me a long time to become the person I want to be.

I believe-
that you should always leave loved ones with loving words. It may be the last time you
see them.

I believe-
that you can keep going, long after you can't.

I believe-
that we are responsible for what we do, no matter how we feel.

I believe-
that either you control your attitude or it controls you..

I believe-
that heroes are the people who do what has to be done when it needs to be done,
regardless of the consequences.

I believe-
that money is a lousy way of keeping score.

I believe-
that my best friend and I can do anything or nothing and have the best time.

I believe-
that sometimes the people you expect to kick you when you're down, will be the ones to
help you get back up.

I believe-
that sometimes when I'm angry I have the right to be angry, but that doesn't give me the
right to be cruel.

I believe-
that maturity has more to do with what types of experiences you've had and what you've
learned from them and less to do with how many birthdays you've celebrated.

I believe-
that it isn't always enough to be forgiven by others. Sometimes you have to learn to
forgive yourself.

I believe-
that no matter how bad your heart is broken the world doesn't stop for your grief.

I believe-
that just because two people argue, it doesn't mean they don't love each other
And just because they don't argue, it doesn't mean they do.

I believe-
that you shouldn't be so eager to find out a secret. It could change your life forever.

I believe-
that two people can look at the exact same thing and see something totally different.

I believe-
that your life can be changed in a matter of hours by people who don't even know you.

I believe-
that even when you think you have no more to give, when a friend cries out to you will
find the strength to help.

I believe-
that credentials on the wall do not make you a decent human being.

I believe-
that the people you care about most in life are taken from you too soon