

Look Up From the Lows and Write

All you must do is to pay attention; lessons always arrive when you are ready, and if you can read the signs, you will learn everything you need to know to take the next step.

Paulo Coelho, "The Zahir"

Paulo Coelho is one of many of my favorite authors. Among my favorite of Paulo's books are *The Alchemist* and *The Zahir*. In them, I found hope for relationships, forgiveness, and inspiration. As I read his work, I record words that have meaning for me. This TALK's introductory verse struck me as a positive way to avoid paying so much attention to what's wrong and *learn everything you need to know in order to take the next step*.

Let's start with knowing that feeling sad is no way to thrive in this life. We all have the right in this world to feel unhappy. However, remaining in a state of sadness isn't what you're intended to do each day. You are meant to do great things for yourself, and for the world around you. While it may be easier to just give up and lay in bed or simply go through the motions of each day's expectation, you are granted a great gift daily. Every day is an opportunity to make yourself happy. Start feeling better about yourself and your life by picking yourself up with these writing ideas.

Journaling about the good things in life is one of the most important actions I complete to keep me out of the lows. Journaling has a positive effect on my physical and mental well-being. I am certain you will experience the same exuberance I felt when I recorded my thoughts in six separate journals for each grandchild on the day they were born. When something as special as new birth occurs, the journaling about then and similar great events in life helps us crystalize the memories. As you start to gather all the positives in your life, you may just start to feel better because you will remember the quality occurrences in your life.

Journals take you to all the great happenings in your life. I encourage you to reserve one journal for what you're proud of, so you can read it when you're feeling down. If you are courageous enough to write about the bad times too, have another journal for that. If you're having a hard time coming up with ideas on what to write, try these topics: What I Like About Myself, The Basic Needs I Have Right Now, What I Am Grateful For Today, and Why My Friends Love Me.

The Apostle Paul shared this message from Jesus: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

The Apostle

Paul -- Philippians 4:8

*May the Lord of peace himself give you **peace always** in every way. The Lord be with all of you.*

The Apostle Paul -- 2 Thessalonians 3:16 (CEB).

Peace always,
Ted