



Anything Is Possible

Like New Year's resolutions, spring is a time of renewal and new beginnings. In our hurried, fast-paced world, it is easy to get lost in the hustle and bustle of everyday life. As we exit March, slow down, take notice of the people and events of the day, and be present in every moment.

As a self-proclaimed anal-compulsive organized perfectionist, I like to know when, where, and why things are happening. For some odd reason, I think making plans will decrease my anxiety. But do you know what makes me anxious? When my plans change. Yes, the author of the book Detour, about handling change, doesn't like change. The thing is, plans change all the time. Life happens, and you can't control it.



Mac Davis sang a song in 1974 that included the following lyrics "Where are you going in such a hurry? Don't you think it's time you realized there's much more life to do than work and worry? You've got to count your many blessings every day. The sweetest things in life are free."

Let this new season bring freshness into the light and start moving forward. Let this time of year blossom into a new chapter of your life. Count your blessings and love life and people through forgiveness, peace, and joy. There is much joy in each day; you need to see it. The toothless grin from a child. Joy. Pasta with homemade sauce. Joy. Amazingly, things happen every day if we open our eyes and see them.

The late Dr. Wayne Dyer said, "You can be happy, or you can be right, but you can't be both." We must let go of destructive emotions to discover peace and happiness because the two cannot coexist. Irrespective of the circumstances, you respond to the past with compassion, not hold on to the experience. To find peace, you must choose positive emotions to live a fulfilling life.

Spring is a time of refreshing and renewal. It's a time when you can see and feel growth happening. Sometimes the transition is painful, but the results and the fruit are worth the effort. Spring is a time to be celebrated. A time to marvel at the changes in your life and the lives of people around you. It's a time of high energy and sometimes much action. It's a time when windows are cleaned, sidewalks are pressure washed, and air conditioners are serviced. Take time to appreciate all the growth and the new life, and the blooming that is happening. But in the action and excitement of the season, don't forget to savor the moments as they happen. Live in the moment and enjoy them for all they're worth.

Springtime is an excellent reminder that life is a journey, and we all experience change. Change is a means to improve, grow, and invite newness into your life. While we don't know what tomorrow will bring, we need to embrace the uncertainty and enjoy the beauty of becoming. When nothing is certain, *anything is possible*