

Frustrated with people and the world lately? 🤦🏻‍♀️ I get you. Everyone's on edge and it's taking more patience than usual to get through each day. I may, and let me emphasize "may," have something to help your mindset. It helps mine:

"God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me."

Since we know we can't control others (that would be a nice superpower), we are better off working on how to best control OUR thoughts, emotions, behavior and reactions. That doesn't mean we won't still want to occasionally slap someone silly, but it may actually keep us from doing it (and going to jail).

Step #1: Take a deep breath. Or a few, depending on the circumstance. That's it. Don't look for more steps. Most of us a reasonable people. Our minds will reset.

For every breath, Lord, I am thankful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."
-S. Maraboli



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