

You ever been walking along and bump into someone or something and spill what's in your cup? □□♀ Ugh, *que* mess! *Apúrate*, grab the paper towels! Easy fix. Hopefully, it wasn't Colada Joe. □

Now, you ever been walking along and life shakes you? □□♀ Same, *que* mess! But what spills over in this case? Well, whatever is in you. The spillover can be negative (anger, bitterness, frustration, quitting tendencies) or it can be positive.

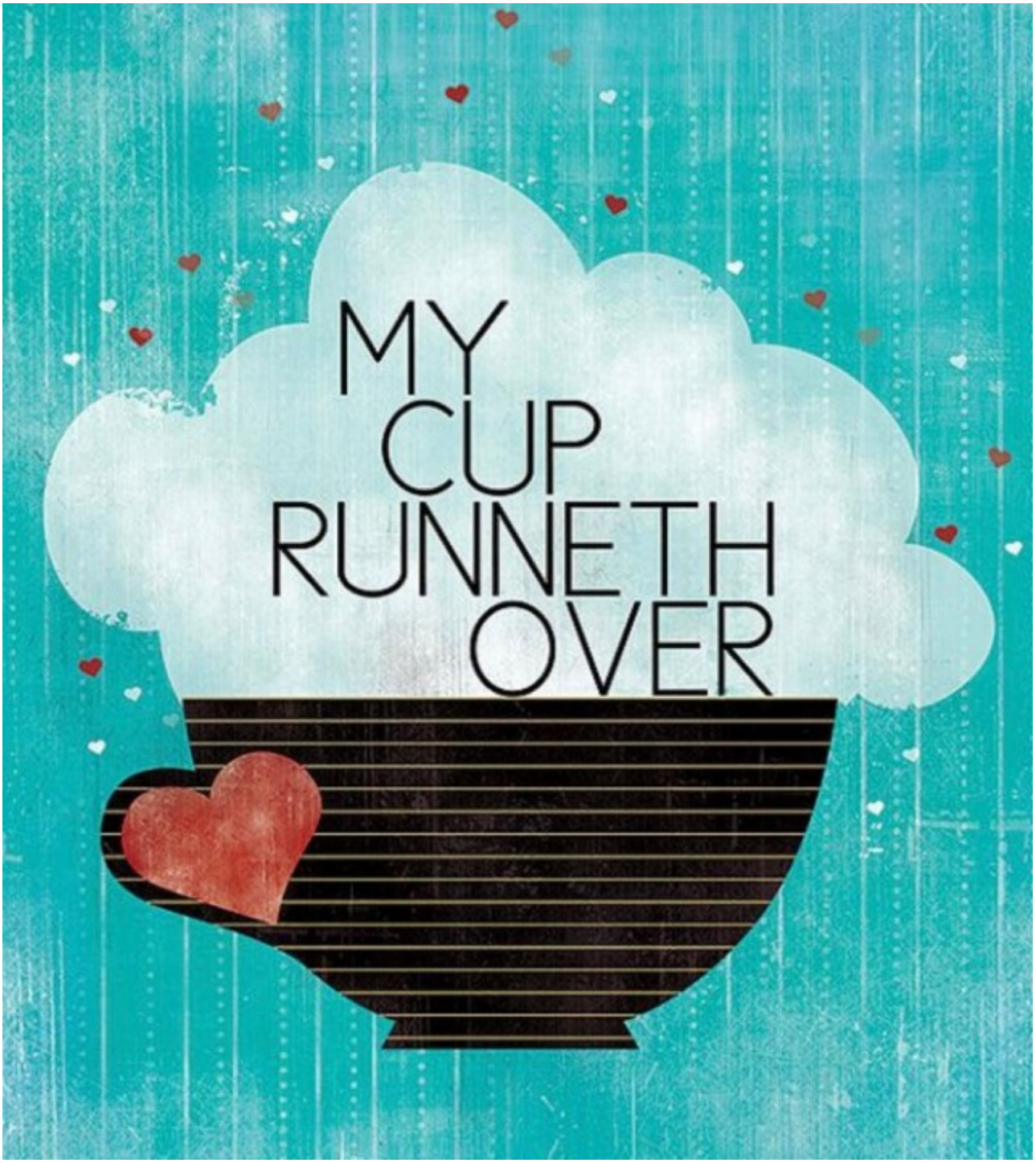
If we can choose – – and we can – – to fill our cup with whatever we want, then let's pour in gratitude, forgiveness, joy, patience, resilience, positivity, prayer, hope, faith, love. Let's fill it to the brim, and let that cup overflow! Life is shaking us, my friends and family, and we're going to need good, strong fills.

What do you choose to put in your cup, and what are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Never suppress a generous thought."
-C. E. Kimball

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."
-R.T. Bennett



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