"Life is ironic it takes sadness to know what happiness is. Noise to appreciate silence. Absence to value presence."
In life and all of it's business we have to take time out to be appreciative for it, and for all that it entails. We may not be the healthiest, but we have enough health to live, we may not be the wealthiest but we have enough wealth to live, these are things we should be grateful for, because some people that were here yesterday are gone today because of the lacking of one of these two things.

Sometimes we make life more difficult than it really is, and instead of being appreciative for who we really are, and what we are capable of becoming, we let life and its circumstances get us down instead.

Take some time out each day to reflect upon your performance for that day, the application of your mind, and the plans and goals you may have for tomorrow. Doing so will help unleash your full potential.

Source: [here](http://tiest.staff.ipb.ac.id/?p=6824)
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