If you wish to live a day filled with anger, you can choose to be angry. Or if you wish to live a day filled with joy, you can choose to be joyful.

This day does not make the choice for you, and no other Person makes that choice either. The choice is entirely up to you. Why can some people be happy even when times are hard while Others are filled with despair even when all is well? It is the individual, internal choice, not the external Circumstance, that ultimately determines how life is Experienced. In fact, it is more than that. Because whatever is going on in your own mind and feelings will soon be happening in your Outer world. This day is yours to choose. This life is yours to choose. As long as you have the
choice, you might as well choose the Very best. Decide how you truly wish to live, for right now

**The choice is yours...**

Ralph Marston
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