

Opportunity Knocks

Don't let the weather get you down.

Turn a negative into a positive. If you feel stranded by the poor weather you need to look at this as an opportunity. One where you can get out that "to do" list and cross something off. Everybody has something they've been meaning to do but don't have the time because they are away from home a lot. Why not clean out that closet you've been meaning to clean out. Making room for new clothes you may need in the upcoming season. Donate the items you no longer use to a charity where it will be given to someone who really needs and appreciates your generosity. You will have a feeling of accomplishment and satisfaction that you were able to help someone in need. If cleaning out the closet is not on your list and relaxing is, read that book you haven't had time for, or watch a favorite movie. Perhaps you've been putting off that exercise program you've been meaning to continue do it today you don't need a gym

there are plenty of exercises you can do at home and there are many programs on television health channels where you can find a work out that suits your needs. Let this be the beginning of you adopting a healthier life style Plan a healthy menu for the week. There you go, you are now on your way to feeling better and crossing something off that "to do" list.

For those of you who have children, a more enjoyable alternative is to take this time to bond. Have a family fun day. Play games, do crafts, look at and organize old photos, make a scrap book, use your imagination and encourage them to use theirs. The opportunities are endless. This is an unexpected chance for you to enjoy each other and create memories that will last a lifetime. Perhaps even creating a tradition for your children to carry on with their children.

This bond you have created is so important and will show your children you are there for them and if they ever need to talk they will be more comfort-

able coming to you because of this bond.

The key to a happy life and happy family is to be positive. Take any given situation and adapt to it. Learn how to flip it to your advantage. This will help eliminate stress in your life, and make you a happier, healthier person.

Life is a gift, make the most of it.

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty."

-Winston Churchill



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