

## The Power of Choice

By Mike Meines

We live in a crazy world. Everything comes at us extremely fast. The majority of us have cell phones and other devices that allow people to contact us immediately. We have instant messaging on our computers.

The weather has done amazing things that have destroyed entire cities and regions.

We also live with the constant threat of terrorism.

It's a crazy world.

We look for ways to help us get through each day.

I feel the key to this is to understand what we have control over and what we don't.

We don't have control over the events of the world or even the events of our personal life. We do, however, have control over the way we deal with those things.

I choose to rely on the power of choice.

You see, I choose to feel anger, pain and anguish over acts of terror, hurricanes and the war in Iraq. I also choose to keep those feelings mine.

I choose to continue treating those around me with dignity and respect.

I choose to savor each precious moment of each precious day.

I choose to live in the moment, to celebrate the things that bring me joy.

I choose to love my children harder.

I choose to love my grandchildren harder.

I choose to love my wife, family and friends much more - because they bring me joy.

I choose to see the positive in others as well as myself.

I choose not to dwell on the negatives and I choose to avoid those that insist on being negative.

I choose to embrace my job and all that it entails - because it brings me joy.

I choose to worry, fret and care about my friends and colleagues in the military.

I choose to enjoy a deep, cool breath of air.

I choose to be quicker to forgive.

I choose to laugh harder and more often.

I choose to be less judgmental.

I choose to understand my life, the people in it and to know what and who I have control over.

I choose to follow the events of the world and to feel the emotions that will surely accompany those events.

I choose to be cautious but not afraid.

I choose to look forward - not over my shoulder.

I choose to understand the power of choice and I choose to apply it to my life.