



Despite the constant change that impacts all of our lives, there are, in fact, some things in life that **just don't change!** Each of us needs to find the "right balance" between the forces of change and the constants in life that provide each of us with a sense of security - that give us a richer life and a sense of purpose to our days.

The following thoughts may help us to accept and work with change to bring balance into our lives...

- *Time ticks on and waits for no one. So, as Ben Franklin said, if you love life, then do not squander time, for that is the stuff life is made from.*
- *We go to sleep each night and wake up every morning to a new day full of adventure and opportunity!*
- *We can choose to make a difference to others or to sit back and watch the world go by.*
- *We can dream and create a life that is all our own; or, we can sit back and just let life happen to us.*
- *The shortest distance between despair and hope is a good night's sleep.*
- *Children are born with or develop ideas and concepts that are almost always different from the generation before them. It is part of the human condition called progress.*
- *Each of us is a unique being. If we do not contribute our uniqueness to the world and thereby change it, no one else can.*
- *Truly listening to others can give us a different perspective that might open up whole new vistas for us.*
- *We are all aging...but, hopefully, trading youth for wisdom and experience and the chance to love and be loved.*
- *Every day is a new beginning; each morn is the world made new: Carpe Diem!*

Change is change and it is happening all around us
 whether we like it or not.
 Seize it, go with it, create it or fight it!
 The choice is ours and ours alone.