

# A Resolution for You, for Me

What is it that drives our associates in Life Care and Century Park? In visiting in our centers, I hear a common phrase in conversations – a desire to make a difference in this world.

Recently, I read a personal resolution by Max Lucado, author and minister. It appears in his book *God Is with You Every Day*. It is a challenge for each of us to consider:

## ***Today, I Will ...***

*Today I will make a difference. I will begin by controlling my thoughts. A person is the product of his thoughts. I want to be happy and hopeful. Therefore, I will have thoughts that are happy and hopeful. I refuse to be victimized by my circumstances. Optimism will be my companion, and victory will be my hallmark. Today I will make a difference.*

*I will be grateful for the 24 hours that are before me. Time is a precious commodity. I refuse to allow what little time I have to be contaminated by self-pity, anxiety, or boredom. I will face this day with the joy of a child and the courage of a giant. While it is here, I will use it for loving and giving. Today I will make a difference.*

*I will not let past failures haunt me. Even though my life is scarred with mistakes, I refuse to rummage through my trash heap of failures. I will admit them. I will correct them. I will press on. Victoriously. No failure is fatal. It's okay to stumble... I will get up. It's okay to fail ... I will rise again... Today I will make a difference.*

*I will spend time with those I love. My spouse, my children, my family. Today I will spend at least five minutes with the significant people in my world. Five **quality** minutes of talking or thanking or listening.*

*Today I will make a difference.*

If each of us could adopt these guiding principles as our own personal creed, our lives could be infinitely better. And so could those of the people around us.

*Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil (Ephesians 5:15-16 NIV).*

– Beecher Hunter