

## Have a Better Day

Is it a good day for you? Are things going your way? Does everything seem to be falling into place – to your benefit or advantage? Do you have a little extra spring, a bit more skip, in your step?

Great! Enjoy life, and savor the happiness it sends your way. Sometime in the future, more than likely, we will look back upon this present time as “the good old days,” so we need to bask in them now as if they were.

But don't get too wrapped up in yourself. You're not alone on the street, in the nursing, assisted living or retirement center, or in the classroom.

Other people are nearby. Their day may not be going so well. In fact, they may have problems that are almost unbearable.

That's when a smile becomes so important. When the touch of a hand can be so appreciated. When a kind or encouraging word takes on such special significance.

Be a practitioner of the art of friendship every chance you get today. And tomorrow. And the next day.

Your day will be even better, a bit brighter, and a little happier for it.

--Beecher Hunter