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Life is Worth Giving

TEN REMINDERS TO MAKE EACH DAY AN ENJOYABLE EVENT

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An old bit of wisdom reminds us of the importance of each day of our lives:

"The past is history
The future is a mystery
Today is a gift
That's why we call it —
The present."

To use the "present" of each day, people might do well to keep in mind the following reminders to give and receive more meaning in everyday life:

1) Start each day with a prayer and a song. Since the time of Christ, and centuries before in the Jewish tradition, people were encouraged to turn to God in prayer at the very beginning of each day to ask His blessing on all people and activities to be encountered. And comedian Jimmy Durante often admonished his fans "to start each day with a song, even when things go wrong." Singing can be both uplifting and encouraging for ourselves and those around us.

2) Express gratitude in word or deed to God and your loved ones. Years ago a beautiful young teacher wrote these words in a Christmas card: "Speak words of love while you may; lest there befall your heart someday; the sad regret— you did not speak words of love extant there." Too often people miss opportunities to express love and gratitude.

3) Presume that good things will happen each day, and they more than likely will. People who look forward to good things and events in their lives seem to have a greater ability to make their dreams come true, whether they are wishing on a star or not. A more positive attitude usually brings more positive results in life.

4) Learn from all mistakes. In Adlerian Psychology, there is a saying that the only truly bad experience or mistake is the one from which we have learned nothing. People need to understand that at times we can learn almost as much from a mistake as from a good accomplishment. Rather than wasting time lamenting mistakes, people need to learn ^(the) positive aspects so as not to repeat the negative experience.

5) Be patient with others, especially with annoying or negative persons. Too often we simply try to avoid such people so that we can lessen the stress in our lives. What might well be more helpful is to try to find out what causes people to be annoying and negative. Then we might be able ^(help) ^(THEIR) to change ~~them~~ looking at life in a more positive way.

6) Be there for someone who needs comfort and sympathy in a loss or tragedy. The recent tragic events in New York and Washington, D.C., enabled literally millions of people to reach out to others with sympathy and other help of various types. We cannot wipe out sadness, but we can aid those going through a period of mourning by just being there.

7) Seal your negative attitudes and things that annoy you out of your consciousness, and focus on the blessings you have received from God through others.

If we focus on the negative aspects of life, this will certainly depress us to some extent and make life seem less happy than it actually is. People know that they can actually control their negative thoughts and feelings. When they ^focus on the positive, life becomes much more enjoyable.

8) Take care of yourself, and more than occasionally treat yourself to a person or experience you truly enjoy.

"Be good to yourself" is an old adage that we often talk about but not too often take seriously in the way we treat ourselves. Life often presents us with negative experiences, and this cannot be avoided. But we ourselves can choose to seek out those we enjoy and who uplift^t us in life. In addition, we can "treat" ourselves to enjoyable experiences that lif^e our spirits and attitudes. The choice is there each day for each of us.

9) Enjoy God's wonderful creation in its magnificent fullness. We are often encouraged to "stop and smell the roses" as we make the journey called life. We are quite constantly surrounded with earthy beauty, and so seldom stop to appreciate it. We need not only to enjoy God's creation, but be thankful to the Creator for His blessings in our lives.

10) At the end of each day, it would be wise to repeat the prayer and song with which we started the day. It is often said that one of the true indications of human maturity is a sense of gratitude that we have towards God and others. No one is truly a self-made man or woman. We depended upon God and our parents for the gift of life itself. And when we entered this world, we were virtually totally dependent on our parents and other adults for our everyday care. As we grew, we continued to rely on others for our education and other opportunities in life. We know that we have grown to adulthood when we can look back in gratitude for all the blessings in life that we have received from God and others. Then we know that we are truly blessed and truly human.

N.B.: Repeat the 10 Reminders each day for a very happy and blessed life!