

103G. What's inside of you?

When you have a cup of coffee, tea, or whatever & out of nowhere you trip & spill it, whatever is in the cup, is what comes out of it, right?

So, when out of nowhere, someone shakes you up, or something trips up your plans, or day, or life, whatever is inside of you can most likely spill out, right?

So what have you filled yourself with, for these unpredictable moments, pop up, as sooner or later they will & your reactions have the ability to change your life forever?

So what honestly pours out of you when things don't go your way? Or others think differently than you? Or act in ways that you don't like, or approve of?

Do your go to, quick reactions, consist of anger, bitterness, cussing, threatening & possible harm to others etc., or understanding, gratefulness, peace & humility, which are truly the traits that should come from true men & women, but which usually don't just happen, but are truly responsible & mature learned traits?

So which responses would you like to be able to jump to & if the positive ones, are you willing to admit that you could need change & be willing to work on filling your heart, mind & soul with these traits, filling yourself with Joy, gratitude, forgiveness, positive affirmation, kindness, gentleness & love for others?

Keep going over the posts & blogs in these pages & let all the positive attitudes that they share to become a dominating force in your daily life & be sure to be prepared, for all that this evil world has to throw at you, as you can become better than you have ever been, but it takes work & belief.