



MONDAYS

with Mike

Handling life's spills

You are holding a cup of coffee when someone comes along and bumps into you, or shakes your arm, making you spill your coffee everywhere. Why did you spill your coffee?

"Because someone bumped into me!" Wrong answer.

You spilled your coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So, we have to ask ourselves . . . "What's in my cup?"

When life gets tough, what spills over? Joy, gratitude, peace, and humility? Or, anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup. YOU choose to fill it.

Today, let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity, kindness, gentleness, and love for others.

When those spill, that is a pleasant site and experience!

Have a great start to your week!