

Everyday is a Choice
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Over the past few weeks of my life I have been faced with more problems than I have ever had to deal with before. The stress of trying to balance a hectic schedule, the ups and downs of relationships, applying for graduate school, and planning for life after graduation had taken its toll on me and left me feeling drained and confused. I found myself wanting to sleep more during the day to avoid all of life's stressors, but I quickly realized that when I woke up all of my same problems still existed and, at times, had become worse.

Finding myself slowly slipping down a ladder that I had fought so desperately to climb, I realized that everything that I had ever worked hard for had led me to a fork in the road. In that moment I could either choose to walk toward a future of success and happiness, or simply turn away from every goal that I had ever planned to achieve. I chose to conquer my fears and take the road less traveled.

Many of us are faced with situations like these everyday. You may not deal with a lot of problems at once; or perhaps you have too many to count. Whatever the case, we all make choices to decide how we will approach all of life's circumstances. We are all capable of achieving the best that life has to offer, but it is up to us to act on our decisions.

There are a lot of people in this world that underestimate the power that they have within themselves. They allow the little things in life quickly bring them down instead of overlooking them and being thankful all that they have. When they fall short in achieving their goals they constantly focus on their mistakes instead of fixing their problems and patting themselves on the back for all of the progress that they had made.

I was one of those people, and many of you are too. When I found myself facing that fork in the road I realized that I needed a change in my life. I decided to start with my attitude. I am now determined to no longer allow any circumstance take away my happiness. If I choose to have a good day then there is nothing that anyone can say or do to change that. And if I choose to have a bad day then nothing can change that either.

Someone once said that happiness or unhappiness is often a matter of choice. I say that everyday is also a choice. Starting today you can choose to be happy, or sad. You can choose to spend your time being productive, or choose to procrastinate one more day. You can choose to avoid your problems or choose to use the courage within you to face them. Whichever path you choose to take, remember that tomorrow will always bring a new day full of new choices to make.