

## Don't Forget!

Seems like at the beginning of every year we put together some New Year's resolutions and by the end of January we have dropped the ball. How come? Well it's real easy to fall back into our old ways and bad habits.

The other day I was given an incredible example of that. A chiropractic friend and I were talking, and he said, "one of the biggest problems people have is they always forget". I said, "what are you talking about?" He said, "we always forget about how lucky we are. We always forget about those intense emotional feelings we have after catastrophic events (hurricanes, tornadoes, floods, school shootings, [Boston Marathon tragedy, 9-11](#)). We have this incredible sense of community and love, and then in a few days, weeks or months, we forget. Even after a simple cold we forget how great it is to be healthy and not be all stuffed up."

So the last blog we were talking about negative talk and trying to stay positive. This blog is more about how to never forget those events, staying positive and being grateful. He was right, we DO forget, so how do we NOT forget?

This is super tough as life seems to always get in the way. Bills show up, the kids get sick, car breaks down, you know the usual stuff. So how do we cope with the ins and outs of everyday life and still have that great outlook?

Certainly we need to focus on this more often than when there is a big disaster, or at Thanksgiving when a lot of people make lists for everything they are thankful for. How about every day? I know, sounds like some effort, and it is, but the reward is amazing!

**Try This.** Go online and google some of your favorite famous people and read through their inspirational quotes. One of mine is [Tony Robbins](#), talk about positive and insightful, here are a few of my favorites:

"To really change behavior it takes unbelievable dedication and hard work, harder than you think."

"The path to success is to take massive, determined action."

"The secret to life is.....to raise your standards."

"If I'm committed, there is always a way."

"Demand more from yourself than anyone else could ever expect."

For health I love [Hippocrates](#), attitude and happiness [Patch Adams](#), love "The Secret" by [Rhonda Byrnes](#) for understanding life. Now choose some of your favorites.

**Try This.** The Slide Show. Put together a power point presentation.

It should include three things:

1. Pictures of all the things you are grateful for; partner, kids, pets, house, anything that is important to you.
2. Pictures of all the things that many people live in; third world country living conditions, handicapped folks.
3. Your favorite songs that give you that special feeling, for me, [Imagine by John Lennon](#).

This slide show should be super special and move you to tears!

Now watch it daily so you DO NOT forget how lucky we are!