

Choice: IT'S ALL ABOUT ME

What I wear
When I get up
When I go to bed

Healthy or unhealthy snacks

Attend activities or stay in my room
To cooperate with staff
Or be grouchy and uncooperative
To complain about everything
Or try to find a silver lining
In every cloud

To wallow in self-pity
Or make the best of it
Maintain an eternal perspective
Ask myself: Is thing worth disagreeing

To hold my tongue
When I'm tempted to say
Something hurtful or angry

I can use my assertiveness skills
To protect my opinion without being aggressive or passive

I can choose to
Call upon the God of all creation to
Send down the Holy Spirit to lift up
The discouraged, the
Hopeless, the helpless
To comfort and
Uphold them

I can choose to:
Give everyone I meet a smile, a compliment, a joke or a song.
"I'll fill the world with love"

I decided a long time ago to say yes
When I was asked to
Become President of Resident Council at Geer
And when I was asked to serve on the Executive Board.

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