



I LOVE THIS ANALOGY:

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 the coffee? ... "Because someone bumped into me!!!”

W-R-O-N-G answer ...

You spilled the 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, patience, and humility?

-OR-

Anger, bitterness, victim mentality, and quitting tendencies?

LIFE “does” provide the cup ... YOU choose “how” to FILL it.

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