

Our Home

As you awake each day, **choose** to make today a great day. Your family members and you yourself will be thankful.

Find ways to **play**. We can be serious about serious things without being serious about ourselves.

Stay focused in order to **be present** when your family members most need you.

Should you feel your energy lapsing, try this surefire remedy: find someone in your family who needs a helping hand, a word of support, or a good ear- and **make their day**.

- FISH!