



# *Mondays with Mike*

**AULTCARE**



## When life challenges us . . .

As the pandemic vaccination program continues its rollout, there will be a mixed bag of energy as the journey continues. We will feel such emotions as anticipation, anxiety of pace, wonder about gathering rules, and overall hope that there is an end in sight. While these are in play, life stays in play right alongside of this next phase in the pandemic journey. Challenges still remain.

I found this reflection that I think can provide a way to help us with our journey. It is called the 7 Rules of Life:

1. Let it go. Never ruin a good day by thinking about a bad yesterday.
2. Ignore them. Don't listen to other people. Live a life that's empowering to you.
3. Give it time. Time heals everything.
4. Don't compare. The only person you should try to beat is the person you were yesterday.
5. Stay calm. We don't have everything figured out. Know that in time, you'll get there.
6. It's on you. Only you are in charge of your happiness.
7. Smile. Life is short. Enjoy it while you have it.

When life challenges us, let's grab a Rule of Life or even two of them!  
Consider it an emotional "Happy Hour."

Have a great week!

