



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Taking advantage of the change in season

As we settle into the transition from summer to fall, this seasonal change can also be a wonderful opportunity for us to change how we approach life's seasons of change, as well. This week's edition of Mondays with Mike includes several reflections for our use along the personal journeys that we all travel. Perhaps only one of these will resonate with you. Or, there may be two or three. The goal is to have us reflect and take advantage of these in a way that allows us to grow and reengage with our personal best.

There is a purpose for every challenge and a lesson for every mistake. Life is not weakening you; it is challenging you to bring out the strength in you.

- Roger Lee

Normal is an illusion. What is normal for the spider is chaos for the fly.

- Author Unknown

Life can be difficult if all you see is everything that's wrong. Start focusing on what is right, what's good, what's constructive. No matter what you are facing, if you choose a positive mindset, you'll emerge the winner. So, if you want to feel better, you've got to think better.

- Mufti Menk

Sometimes you get what you want. Other times, you get a lesson in patience, timing, alignment, empathy, compassion, faith, perseverance, resilience, humility, trust, meaning, awareness, resistance, purpose, clarity, grief, beauty, and life. Either way, you win.

- Brianna Wiest

The one who plants trees, knowing that he or she will never sit in the shade, has at least started to understand the meaning of life.

- Rabindranath Tagore

Have a great start to the fall season AND to your next personal season of life!

