

# *"Life is Precious and So Are You"*

Your life is what YOU make it,  
based on the attitude you choose.  
The way YOU deal with EVERY day,  
tells if you win or lose.

To win YOU must be thoughtful,  
and love all that YOU ARE.  
Appreciate YOUR talents,  
shoot for YOUR shining star.

Eat well, sleep sound, and exercise,  
begin each day with prayer.  
Set YOUR course by setting goals,  
take risks and learn to care.

Smile, love, give lots of hugs,  
respect the human race.  
Don' t criticize, complain, or whine,  
maintain a growing pace.

Words like " wish" and " should" and  
" can' t must NEVER cross your tongue.  
Go for the gold - stretch and try,  
leave no song unsung.

For life' s too short to waste a day,  
or live without a plan.  
So THINK and DREAM, don' t give up,  
and ALWAYS say " I CAN!"

*Many Blessings,*

*Mrs. Shrehot*