Glimpse into Motivational Monday – Week 9, 2014

This week, I would like us to remember the words of Marcus Aurelius…

"When you arise in the morning, think of what a precious privilege it is to be alive, to breathe, to think, to enjoy, to love."

These words have helped me this past week while I have dealt with new information about my health. No matter how difficult things can seem, how unwell you feel, or how lonely you are, ultimately, you are alive and have the opportunity to be happy, no matter the obstacle.