

When things go bad in our lives, it's easy to focus on all that is going wrong, and let our brains get stuck in a negative state. Which is why when times get rough, it's important to remember all the good there is in the world. As the old saying goes, we need to stop and take time to smell the roses. So when life has you feeling down,

find something beautiful or interesting around you, no matter how small, and focus on how good and wonderful it is. Maybe it's a beautiful sunset after a difficult day. Or perhaps it's the warmth of someone who loves you. From the people who love you so to the flowers in the field and the birds chirping in the trees, there are many little miracles taking place all around you!

