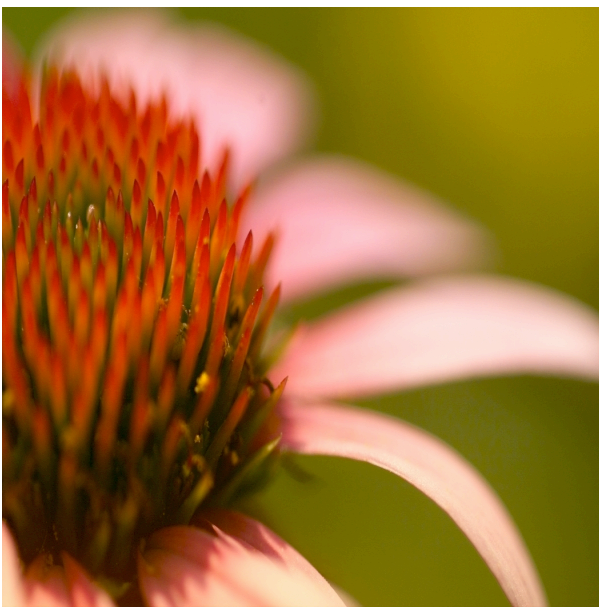


## Here we are a Month and a Half into 2011



I wonder how many of us have been able to keep some of our with the New Year's resolutions that we made such a short time ago. If you're like most of us, the answer might be "not very well".

Something to think about...

You are not alone, as we struggle to make it through the day, life throws us curve-balls that either get in the way of our travels or life in general.

The next time, perhaps when you are driving to work, getting on the C-train, or walking down the street and someone does something that has just driven you crazy! Wouldn't you like to get out and say your piece and let them know how you feel?

So when this occurs again -- why not stop, take a break and ask yourself what may have happened to this person today that made them make these choices. Let empathy kick-in.

Maybe that person has experienced something as simple as they just woke up in the morning, probably late, maybe not just feeling up to "snuff" and then... everything goes wrong.

Or heaven forbid they received a phone call that has just gave them the most terrible news that we all fear the most.

The point is, that we all have times in our lives when it's just not our day or we have just received the most unimaginable tragic news.

Let's try to make this the year that we extend to our fellow man the benefit of the doubt and the kindness of understanding.

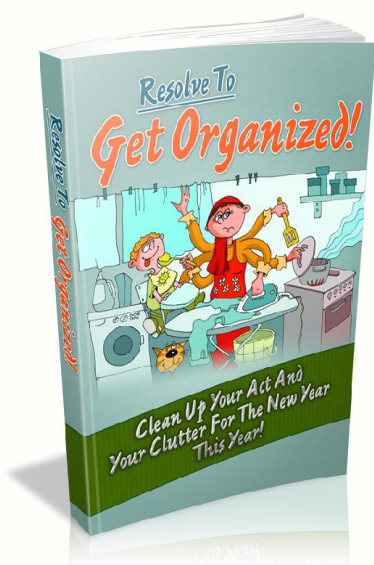
Our hope is that when we are having a bad day that someone understands and forgives us when we are just not functioning at us best.

Most of us have been taught to teach others like we would like to be treated, so let's listen to Mom!

Thank You For Your Time to read my message

Trish

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