

**THE THOUGHT FOR THE WEEK IS THAT
LIFE IS FULL OF SURPRISES BUT STILL IS BEAUTIFUL.**

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In life there are many bad surprises.

Some happen by accidents.

There are some that you buy by the decisions you take.

Most of them you can prevent.

There are many decisions you have to take by yourself.

But don't take these decisions blindly.

You should know where these decisions will lead you.

Temptations, food habits, the way you communicate with people are some of the decisions you take
by yourself.

These may bring many bad surprises in your life.

You must always anticipate what is going to happen.

You must accept that in the program of life there are surprises you cannot prevent.

One day you may lose a dear one.

Or you may lose your job by the fault of others.

But you must be prepared to overcome your problems.

You must say that every problem has a solution.

You must keep yourself ready for a detachment.

It will be hard for you.

But you must be strong.

You must flower your life.

You must program your brain to live well.

And to appreciate life.

You must also look after your health.

Every morning when you wake up you must think positive.

And say that you are going to have a great day today.

And when the time comes for you to leave this world you will have no regrets.

You will say that your life was really beautiful.

