

*These are a few of my Life Poems to give you  
Some Inspiration and some Cheer....Enjoy!*



***Take A Day Off***

*Oh what a Fun Day  
I laugh and say,  
A day off once in a while  
A day when I don't have to look at that dial,  
A day when I can wear a smile.  
Surely I'll make time for this  
so it will not be just a wish.  
Yes this day shall be mine\_\_  
it does not have to be sublime,  
the weather not necessarily fine,  
a day when I don't have to count the time\_\_  
YES, I think I'll have a Fun Day!*

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### ***Giving ourselves a Lift***

*Sometimes we don't need a tonic  
but things to make our hearts frolic  
Occasionally a helper or two  
so that we could take off our shoes.  
Quality rest, we would be blest!  
The sound of music in the air  
maybe new clothes that we could wear.*

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### ***Life Poem - One's Day.***

*Did you know that starting the day on a positive note  
makes a difference to your day?  
Especially within 10 minutes of waking  
try it\_ that's what I say.  
Did you know that the words you speak  
are like a rudder of a ship  
they can weigh you down immensely  
or give your spirit a lift?*

*Did you know there's something about a laugh  
of it's benefits we can play a part  
It can reduce your stress levels  
and even strengthen your heart?  
A simple song and melody  
can fill your heart with glee  
Melodic Notes and words you wrote  
were such a blessing to me.*

*A word in prayer to Him whose there  
a word of thanks and praise\_  
is comforting and uplifting*

*adding substance to your day.  
Have faith in yourself, have faith in God  
together, they are a Measuring Rod  
on this Earthly sod.  
Act in faith and live with faith\_\_  
simple trust is what I must  
and see what they do for me.*

*I will not contend for my will and my way  
but take an interest in others  
treating them like they're my sisters and brothers  
and God will take care of me.  
For these are the ways that make for Peace  
and in my spirit sweet release  
I am Blest and my heart is at Rest  
the essence of LIFE to me.*

*If I would choose Life  
to Love and be loved  
His pleasure I will see\_\_  
for His River flows  
through the Law of Love  
and is such a Blessing for me.  
Yes, try these things  
and you will find  
they bring you Peace of Mind  
hours spent without relent  
and Happiness to your day!*

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### ***Happiness for Today***

*Happiness is not lived tomorrow  
it can only be lived today.  
Don't try to catch it  
from a day that's not here yet*

*life can only be lived today.*

*Strength is for each single day  
time is not yours to borrow  
you are given a measure each day.  
So live it your best  
believe for the rest  
to be in His Hands lest you fret.*

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### ***Equip yourself each Day***

*Be equipped for each day when it starts\_\_  
Put on your happy mode when you dress;  
think of the good things and you will be blessed;  
a sense of humor to keep you bright;  
keep your eyes on God, don't let Him out of your sight.  
These days would not be easy, Jesus said  
seek to be of His spirit led.  
His Words will bring Strength to be there for the length.  
Rest in His Presence at the end of each day  
this will give you Peace along life's way.*

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Dear  
whoever  
is reading this,  
I hope you have  
a reason to smile today.



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