



Living Your Best Life

“Adjusting the sails” means *doing* something about a situation we find ourselves in. Not every situation will end up as we wish it to, but often, circumstances can be improved, at least a little. How do you adjust when the winds change?

After a while, one of us said, “This is stupid, I’m not going to sit here and sweat in the sun all afternoon!” Being children with incredible fountains of imagination, our ideas soon began to flow. “What if you... could...” We finally

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.”

— William Arthur Ward

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