



Take a Trip Down Memory Lane



Sometimes when life gets you down, it can help to go back and remember the good times. Pull out old scrapbooks or photo albums. Reminisce about the fun things that have happened in your life. The good times. With the great people. Reminding yourself of the good will not only lift your spirits but will also welcome more good to your life. Sometimes people worry that a trip down memory lane is just living in the past. Not so. (Unless you are constantly living in the past and reliving the glory days. Then yes. That is a form of denial and probably isn't the best way to live.) Remembering the good times is a great reminder of who you are. It will ground you. It will recharge your batteries and cheer you up so you can be a better person today. Now that is a "trip" worth taking.