

e-Thoughts — Believe you can... at any age

May2016 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Life is often about attitude. If you think you can, chances are you will. I experienced this just the other day.

I was babysitting for my grandson and he invited me to a jump rope challenge. I know he was secretly thinking I couldn't jump rope to save my life. Actually, I was thinking the same thing.

Then I had my second thought: Yes, I can! When my turn came, I started jumping and actually got up to twenty. Considering

I haven't jumped rope in at least that many years, I was astonished. My grandson yelled out, "How did you do that? You're a grandma!"

I sure surprised him and I was pretty impressed with myself too. It's a good reminder of what you can do if you put your mind to something. Of course, things don't always work out the way we want. But when they do, it feels great.