



# CHOOSING THIS MOMENT

I can do hard things.  
Some moments I will thrive,  
and some moments I'll simply survive.

I will spend more time reflecting on the good  
instead of the chaos.  
I can't control the world,  
but I can always adapt to new circumstances.

Everyday I choose my partner and I choose my kids.  
I am blessed to be making special memories with those I love.  
We have our health and the financial means to weather this storm.

I am not alone. We are in this together.  
I can enjoy the moment, try new things, and lift others up.

I will take a deep breath, choose gratitude,  
and embrace a little crazy.  
Because this is my life right now and I don't want to waste it.

- J.K. Coy @StoriesbyJKCoy