We all were given these wondrous gifts for our lives. We each have daily choices on how we will walk or what we will do and how we will feel. We all have started with equal opportunities and therefore we should use all the tools available to us in order to keep a healthy attitude in what we do.

There are times when low emotions come upon us but there are places we can go or things we can do that are available to lift us back up.

The goal is to keep a balance and not allow the low sides to prevail or linger to long. This is where prayer, faith, hope, wisdom, patience, and many more gifts are accessible.

Several of our ancestors have already lived their lives and they have left us a legacy of courage, strength, power, and their blessings for us to prosper in all the ways that we may choose to live. They want happiness for us, not harsh judgments on our lives. They want peace for us, not stress for our lives.

They desire kindness for us, and all good things for our lives. We can enjoy these wonderful gifts at any moment in the day.

Let us remember, we are already accepted, just as we are, by those who came before us. So let us use the tools given to us and live a life of gratitude.