



THE WHOLE WORLD IS RENEWING ITSELF – YOU SHOULD BE, TOO!

(Yep, this is probably the only time I'm gonna tell you to jump on the bandwagon, so take advantage of this!)

Ahhhhhh...we made it through another winter, and we know what comes next! The drab gray will soon be replaced with a **beautiful green base**, and a **breath-taking blue topper!** In between, everything will come out of its slumber and start to grow beautiful things. New lives will begin, and the beauty and peace surrounds you so snugly, that you can't help but smile with content. All is as it should be.

So are YOU, as YOU should be? If you've been slumbering and wallowing in the drab all these months (or years), are you ready to wake up and grow too? Look at the proof around you! **It's only NATURAL to renew and grow!** Going against what's natural here will make you miserable, so stop fighting it and let the **REAL YOU** emerge!

Step 1 doesn't have to be dramatic. It can be just a simple choice that you want something more...that you want something better. Start by making a small commitment, here and there, that you're going to make better choices for yourself, and surround yourself with better people, better options, and **less negativity**. Any little thing you do will help you to feel better about yourself, and more confident about what you do and don't want in your life. As you gain confidence and practice making positive choices for yourself, you will naturally move towards a more positive life. Work on removing one bad habit, one negative person, one negative influence/environment, or one choice that doesn't make you feel good long term, and just take a moment to notice how much better you feel about yourself!

That's all it takes to get started. **It doesn't have to be a huge, life-changing, tiresome effort.** It can be whatever pace you want, and as gradual as you are comfortable with. You are in charge. You call the shots. I have to warn you though; once you see the good that it brings you, you will be tempted to pick up the pace and make bigger changes, to the extent that others may notice. This is a good thing, though, as it'll help you identify your true friends. They'll be the ones patting you on the back and encouraging you. They'll be the ones that aren't threatened by the changes that are good for you. These are the friends you should keep, so it's a bonus item!

Then, when you start waking up, eager to have a wonderful day and feel like singing with the birds, **DO IT! Stop the battle where you're your own worst enemy, holding your life back, and JOIN NATURE!**

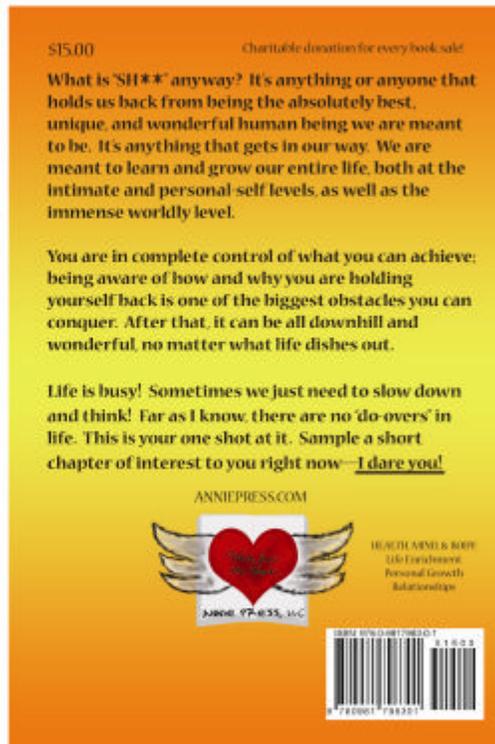
Don't know how to start? Look up one of the ideas in the 50-some chapters of **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin.** Instead of dragging your life through

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the muck at the bottom, cheating not only yourself, but the world around you as well, learn to exist in that wonderful world between the gorgeous green and beautiful blue that were **PUT THERE FOR YOU**. **Rise above, my friend, rise above!** ~ Mary Anne

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—Mary Anne, Author
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