When the Going Gets Tough...

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When the going gets tough may I resist my first impulse to wade in, fix, explain, resolve, and restore. May I sit down instead.

When the going gets tough may I be quiet. May I steep for a while in stillness.

When the going gets tough may I have faith that things are unfolding as they are meant to. May I remember that my life is what it is, not what I ask for. May I find the strength to bear it, the grace to accept it, the faith to embrace it.

When the going gets tough may I practice with what I’m given, rather than wish for something else. When the going gets tough may I assume nothing. May I not take it personally. May I opt for trust over doubt, compassion over suspicion, vulnerability over vengeance.

When the going gets tough may I open my heart before I open my mouth.

When the going gets tough may I be the first to apologize. May I leave it at that. May I bend with all my being toward forgiveness.

When the going gets tough may I look for a door to step through rather than a wall to hide behind.

When the going gets tough may I turn my gaze up to the sky above my head, rather than down to the mess at my feet. May I count my blessings.

When the going gets tough may I pause, reach out a hand, and make the way easier for someone else. When the going gets tough may I remember that I’m not alone. May I be kind.

When the going gets tough may I choose love over fear. Every time.

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