

# ONE DAY AT A TIME

## ACCEPTING OURSELVES

WHEN AND HOW MUCH DO WE ACCEPT OURSELVES? AT WHAT STAGE OF OUR LIVES DO WE ASSESS R PARTICULAR PLACE IN THE WORLD? HOW SOON AFTER THOSE TRANSITIONS OF SELF-ACCEPTANCE & SOCIETAL PLACEMENT DO WE LOVE OURSELVES AND EVEN SEE HOW OUR DISABILITY HAS GIVEN US A PLACE LIKE NO OTHER? OUR GROWTH COMES IN STRATA...WE MASTER ONE LEVEL OF R LIVES WHILE OTHER LEVELS MAY YET B UNDISCOVERED.

***MOST OFTEN WE DISABLED LIVE OUR LIVES AS TYPE A PERSONALITIES. WE ACCOMPLISH MORE WITH LESS. WE HAVE HAD TO MOVE FASTER AND HARDER TO KEEP UP WITH LIFE...AND OUR PEERS. WE ARE TOUGHER THAN MOST, MOVE VERSATILE THAN MOST, MORE RESILIENT THAN MOST, MORE SUCCESSFUL THAN MOST, AND OFTEN MORE GIVING THAN MOST. AND THE LIST GOES ON.***

EVERY DAY WE TRY TO MAKE THE MOST OF OUR LIVES. WE CAN BE AND ARE EXAMPLES FOR OTHERS TO SEE; AND FOR THEM TO GROW. TOO OFTEN THE AWE WE MAY STIMULATE IN OTHERS REMAINS UNKNOWN TO US BUT IT IS HAPPENING EVERY DAY. ENJOY THE GIFT OF YOUR MATURING ROLE IN LIFE. YOU WORKED HARD FOR IT!

**LIFE ALWAYS HAS ITS UPS AND DOWNS, BUT FOR THOSE WHO STRUGGLE WITH PHYSICAL HANDICAPS, THE DOWNSIDE IS OFTEN DAUNTING**

***THE FEW WHO LOOK FORWARD, WHILE ALWAYS KNOCKING ON NEW DOORS, NO MATTER HOW FUTILE IT MAY SEEM OR HOW INSIGNIFICANT THEIR PROGRESS, WILL CARRY THE MANY WHO JUST KEEP WAITING 4 THINGS 2 GET BETTER.***