

## **THIS CAN BE A TIME OF GROWTH**

*As difficult as this time in your life may be,  
you will become stronger if you face each  
day with patience and hope;  
if you accept your weaknesses  
but concentrate on your strengths;  
if you love and care for yourself  
even when you are angry and confused;  
if you can look at doubt and fear but keep your  
mind on the fact that the struggle is helping  
you to grow in faith and confidence.*

*If you gently pick yourself up when you fall  
and continue walking; if you keep thinking  
about all the things you can do well,  
all the things that bring you joy,  
and all the people you love who also love you;  
if you hold on to your goals even  
though the way to reach them may be unclear,  
then.....*

*You can see the troubling times almost as  
friends who have come to help you grow further  
then you thought you could;  
friends who are showing you the way  
to a more courageous heart;  
friends who help you to see that you are more  
powerful than you ever thought you were;  
friends who help you to see that the hard times are  
making you more open to accepting life as it comes,  
and realizing that you have the inner strength  
and loving nature to deal successfully  
with any difficult moment.*

<http://www.geocities.com/lorisgarden/Growth.html>