

## Choices

John is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, 'If I were any better, I would be twins!' He was a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up and asked him, 'I don't get it! 'You can't be a positive person all of the time. How do you do it?' He replied, 'Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood – I choose to be in a good mood.'

Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side. 'Yeah, right, it's not that easy,' I protested. 'Yes, it is,' he said. 'Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life.'

I reflected on what he said. Soon thereafter, I started my own business and we lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Years later, I heard that he was involved in a serious accident, falling down some 60 feet. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back. I saw him about six months after the accident. When I asked him how he was, he replied, 'If I were any better, I'd be twins, want to see my scars?'

I declined, but I did ask him what had gone through his mind as the accident took place. 'The first thing that went through my mind was the well-being of my soon-to-be born daughter,' he replied. 'Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live.' 'Weren't you scared?' I asked. He stated, 'the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action.'

'What did you do?' I asked. 'Well, there was a nurse shouting questions at me,' said John. 'She asked if I was allergic to anything 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.' He lived, thanks to God and the skill of his doctors, but also because of his amazing attitude to live fully. Now I see what Matthew 6:34 really means!