

Be a "Change Agent"

It is never too late to change
Our habits encompass a great range.
Change makes life exciting,
So make sure you put your goals in writing.
Life is too short, don't hold back,
Positive change gives life a "Zapp"
Remember, no matter what your age
A "quality life" is still center stage.
Don't be overwhelmed by your list of "I don't know how to",
Turn that list into a list of "things to do"
Take each change one step at a time,
Enjoy the process Loving life is a good sign!
We all have talents and abilities that we neglect to share,
But if you keep them a secret from the people who are,
You cheat everyone

Change makes life "FUN"

Sue Podany