

## Smile

Written by Gayle Nobel

Saturday, 05 February 2011 10:50 - Last Updated Saturday, 05 February 2011 17:40

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### Blog-a-thon Day 20

Here's the card I picked this morning from Sandi's [No Place Like Om](#) deck.

This one is dedicated to ALL of us and especially to four of my really good friends who are going through extra tough times right now.

#### *Acceptance*

*"Acceptance of what is does not mean passively shrugging your shoulders, giving up, and feeling helpless, but rather facing the reality of right now. Knowing that it could be no different from how it is at that moment, direct your positive energy toward the change that you want to happen. All of the "should be's" are futile. Stay in the moment of "what is" and within the ensuing calmness you can more easily respond, rather than react, to any situation."*□

Then, put on your big girl panties (or big boy boxers) and take a penguin step, a micro-movement, that will move you forward just a bit.

~~Gayle

And because it's Saturday, and I acknowledge I can get awfully serious sometimes, I'll end with a smile.... or two.

"It takes a lot of time to be a genius, you have to sit around so much doing nothing, really doing nothing."

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~~Gertrude Stein

"Don't look back... unless you're dragging a little toilet paper on your shoe."

~~ as seen on Kaizen-Muse Creativity Coaching Facebook page

Do something really really nice for yourself today, dear readers.