

PRACTICE

What do you practice every day? What you practice, you will get good at.

What do you practice?

Do you practice anger?

If you practice anger, you will get **VERY** good at it. You will get so good at it, the most **TRIVIAL** of things will make you angry. Perhaps instead, you should practice finding **JOY** in even the most trivial of things.

What do you practice?

Do you practice a lot of complaining?

If you practice complaining, you will get **VERY** good at it. You will get so good at it, you will find fault with **ANYTHING**, even when there is no fault that even a layman can see. Perhaps instead, you should excel at finding **HAPPINESS** in everything.

What do you practice?

Do you practice being worried?

If you practice being worried, you will get **VERY** good at it. You will get so good at it, that even the **SMALLEST** of things will worry you. Perhaps instead, you should practice finding **APPRECIATION** in even the smallest of things.

Consider what **YOU** practice and what **YOU** want to excel at. Life is short, begin every morning by practicing...

JOY

...with happiness and appreciation as needed.



SHOSHIN RYU
MARTIAL ARTS