

Having a good attitude makes living simply—or living at all—that much easier. When we choose to do something and have a good attitude in the process it's easier to persevere through any challenges that arise.

Why do you want to live simply? Are you excited about the prospect of learning to say no, adding balance to your life, finding and preserving some empty space on your calendar? Choosing to live simply can be an exciting adventure or a journey you'd rather not take—it's all in your attitude.

So as you get up each morning, take some time to think about your attitude for the day. Will it be good or bad? Will you choose to complain about what you don't have, or to be grateful for the gifts God has given you? Make up your mind as the day begins. The choice is up to you.

“This is the day the LORD has made; let us rejoice and be glad in it.” Psalm 118:24

A: Attitude is a choice

“It’s so much harder to start down a grumpy path and have to switch directions at noon than to start well first thing.”

—from “A Simple Home,” *Living Simply*, page 71

Sometimes attitude can be the hardest part of anything, so we may as well get it out of the way up front—and then we can have some fun.

Attitude is a choice (though in the midst of a really good bad mood I hate to admit it—do you know what I mean?). And attitude is a choice that affects my whole family. My mood has a tricky way of influencing my husband, my children, the people around me. It’s trite but true that “if momma ain’t happy, ain’t nobody happy.”

A happy family often begins with me—with you.