



A New Week, A New Opportunity: Choose Positive



About now, we had planned to be through the Eyre Peninsula, the Flinders Ranges and well into the NT. Unfortunately it wasn't on the cards after contracting a rare anti-immune disease. So we're still hovering close to Perth until a neurology review in late July hopefully clears us to resume travelling. Of course, a less than dainty trip and faceplant ten days ago into the concrete paving which has resulted in a Myasthenia Flare hasn't helped — not even a tiny bit.

Monday mornings though have a way of resetting everything. The slate wipes clean, the calendar turns a fresh page, and — whether we admit it or not — we get another shot at the version of ourselves we want to be. That's the quiet gift hiding inside every new week; not pressure, but possibility.

The Bright Side Isn't Naive — It's a Skill



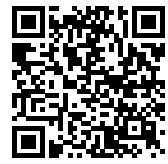
As the old Monty Python song goes, we should always look on the bright side of life. It sounds like a joke, but there's real wisdom tucked inside it. Positivity isn't about ignoring difficulty or pretending everything is fine. It's a lens — a deliberate choice about where you point your attention when the day gets hard.

Look at the words that tend to cluster around a positive mindset: possible, focused, creative, source of energy, inspiration. None of these are passive. They're active ingredients. A positive attitude doesn't happen to you; you build it, word by word, choice by choice, morning by morning.



Devil's Marbles

Winter Makes This Harder — and More Important



There's a particular kind of gravity that sets in during winter. The days shorten, the cold presses in, and staying under a blanket starts to feel like the only reasonable option. It's easy, in that stillness, to quietly limit your world — fewer outings, fewer conversations, fewer chances for something unexpected and good to happen.

But this is exactly when a positive outlook earns its keep. Optimism isn't just a feeling you wait for; it's a nudge to get up, make the call, meet the friend for coffee, take the walk even when it's cold outside. Connection and new experience are two of the most reliable sources of energy we have, and both require us to push, just slightly, against the pull of hibernation.

Small Rituals, Real Shifts

You don't need a dramatic life overhaul to build a better mindset. Sometimes it's as small as:

- **Starting the day with intention** — a quiet cup of coffee, a notebook, a moment to think before the noise begins
- **Naming what's good**, even briefly, before naming what's hard
- **Choosing one small act of connection** each day, especially when it would be easier to stay in

A positive attitude, a healthy perspective, an inclination toward optimism — these aren't personality traits reserved for a lucky few. They're habits, available to anyone willing to practice them.



If a Limiting Condition Is Part of Your Story

Some of us aren't just fighting the cold and the pull of the couch — we're navigating chronic pain, illness, disability, anxiety, or other limits that make "just get up and go" sound almost dismissive. If that's you, this isn't a call to push past your body's real signals or ignore what you need to stay well.

But it's a reminder that stepping out doesn't have to mean doing what everyone else does. It might just mean a five-minute sit on the verandah (or around the fire pit) instead of a long walk. A phone call instead of a visit. One message to a mate instead of a night out. The size of the step matters far less than the direction. If you can do it, then do it — on your own terms, at your own pace, in whatever form actually fits your day.

Positivity here isn't about matching someone else's version of "trying." It's about refusing to let a hard condition talk you into fewer good moments than you're actually capable of having.

This Week's Invitation

So here's your invitation for the week ahead: don't let winter make the decision for you. Step outside your usual four walls, even briefly. Reach out to someone. Look for the good before you look for the problem. It's a small shift; but it's often enough to turn "positive attitude" from a phrase on a napkin into the way you actually move through your days.

New week. New opportunities. Bright side, please.