

Positive Perspective Quotes for the Diabetic Soul

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Dear Reader;

Facing a life-changing illness is no small challenge. It is normal that you would have feelings of discouragement and despair. I trust that as you participate in the journey that diabetes is, you will find a way to cope.

When I am struggling with a negative perspective on things I find a positive quote that contains just the right nugget of wisdom that I need to get me through the day. I write the quote on a cue card and put it near my computer so that I am reminded to keep my thoughts focused on the positive.

I hope that you will find the quotes included in this booklet helpful to you. If you have any quotes that you would like to share with me I would be happy to include them. You can send me an email at lucy@lucymacdonald.com

Here's one of my all-time favorite quotes by John Homer Mills:
"Your living is determined not so much by what life brings to you...as by the attitude you bring to life."

My wish for you is that the attitude you bring to your life, and to those around you, is a positive one.

Be happy, be well.



Lucy MacDonal, M.Ed.

Author of Learn to be an Optimist: A practical guide to achieving happiness.

P.S. Would you like a monthly dose of Positive Perspectives – my free newsletter sent via email? You can subscribe by visiting my website at www.lucymacdonald.com

Acceptance

Acceptance is not submission; it is acknowledgement of the facts of a situation. Then deciding what you're going to do about it.
Kathleen Casey Theisen

Adversity

In the depth of winter, I finally learned that there was in me an invincible summer.
Albert Camus

Diseases can be our spiritual flat tires – disruptions in our lives that seem to be disasters at the time, but end by redirecting our lives in a meaningful way.
Bernie S. Siegel, M.D.

Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch, what make you go beyond the norm.
Cicely Tyson

You have learned something. That always feels at first as if you had lost something.
George Bernard Shaw

Attitude

If you can't change your fate, change your attitude.
Amy Tan

Our attitude toward life determines life's attitude towards us.
Earl Nightingale

Choices

Life is raw material. We are artisans. We can sculpt our existence into something beautiful, or debase it into ugliness. It's all in our hands.
Cathy Better

Life is a grindstone, and whether it grinds a man down or polishes him up depends on the stuff he's made of.
Josh Billings

Circumstance

I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort.

Elizabeth T. King

Confidence

Class is an aura of confidence that is being sure without being cocky. Class has nothing to do with money. Class never runs scared. It is self-discipline and self-knowledge. It's the sure-footedness that comes with having proved you can meet life.

Ann Landers

Courage

This is courage... to bear unflinchingly what heaven sends.

Euripides

The human spirit is stronger than anything that can happen to it.

George C. Scott

We must act in spite of fear... not because of it.

Anonymous

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do.

Eleanor Roosevelt

Determination

What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.

Dwight D. Eisenhower

Endurance

If you want to see the sun shine, you have to weather the storm.

Frank Lane

Friendship

No medicine is more valuable, none more efficacious, none better suited to the cure of all our temporal ills than a friend to whom we may turn for consolation in time of trouble, and with whom we may share our happiness in time of joy.

Saint Ailred of Rievaulx

Happiness

Life is not always what one wants it to be, but to make the best of it as it is, is the only way of being happy.

Jennie Jerome Churchill

Being happy doesn't mean everything is perfect. It means you have decided to look beyond the imperfections.

Unknown Author

Hope

Hold your head high, stick your chest out. You can make it. It gets dark sometimes but morning comes..... Keep hope alive.

Jesse Jackson

Kindness

Be kind, for everyone you meet is fighting a hard battle.

Philo

Life is a test

To be tested is good. The challenged life may be the best therapist.

Gail Sheehy

I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be is a grand thing.

Agathe Christie

Motivation

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.

Zig Ziglar

Optimism

Optimist: A man who gets treed by a lion but enjoys the scenery.
Walter Winchell

Perseverance

If I had to select one quality, one personal characteristic that I regard as being most highly correlated with success, whatever the field, I would pick the trait of persistence. Determination. The will to endure to the end, to get knocked down seventy times and get up off the floor saying, Here comes number seventy-one!

Richard M. DeVos

Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity.

Louis Pasteur

When you get to the end of your rope, tie a knot and hang on.

Franklin Delano Roosevelt

One thing we learned. To make a start and keep plugging. When I had fights at school, the little while I went, I just bowed my neck and kept swinging until something hit the dirt. Sometimes it was me, but I always got up.

Louis L'Amour

Personal Peace

If you do not find peace in yourself, you will never find it anywhere else.

Paula A. Bendry

Problems

When life's problems seem overwhelming, look around and see what other people are coping with. You may consider yourself fortunate.

Ann Landers

Strength

Strength does not come from physical capacity. It comes from an indomitable will.

Mahatma Gandhi

About Lucy MacDonald: Counsellor, Author, Speaker

Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

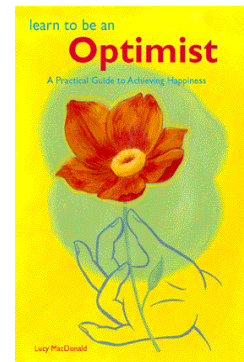
Keynote Speaker and Workshop Presenter: Work-Life Wellness

Lucy is an accomplished speaker, working in private industry, government, academic and nonprofit organizations. Lucy's clients include Kraft Canada, Pfizer, Investors Group, McGill University and Concordia University. Lucy is known for her engaging, dynamic and straightforward speaking style, along with her sense of humor.

For more information visit Lucy's website www.lucymacdonald.com

Author of Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of Learn to be an Optimist: A practical guide for achieving happiness. In Learn to be an Optimist, a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude.



Free Newsletter: Positive Perspectives

Sign up today and receive Lucy's free newsletter Positive Perspectives - a free monthly e-newsletter to help you develop a positive mental attitude so that you can enjoy happiness, prosperity, and good health. Sign up at Lucy's website

www.lucymacdonald.com Positive Perspectives is read by people all over the world – 60 countries and counting!

Confidential Telephone Counselling and Consulting Services

514-223-1015
1-866-441-8909

lucy@lucymacdonald.com

Telephone counselling can be helpful if you are struggling with:

- Stress at home or work
- Burnout
- Sadness and grief
- Anger
- Divorce or separation
- Family or parenting issues
- Work-life balance
- Lack of assertiveness
- A personal crisis

Making the Decision

The decision to seek counselling is never an easy one. If I can be of help to you or someone you care about call today for assistance, information, or an appointment.

You can also reach me via email at

lucy@lucymacdonald.com

Counsellor Practitioner of the Year (2005)

Lucy is the recipient of the 2005 Counsellor Practitioner Award by the Canadian Counselling Association for “excellence in leadership as a practicing counsellor” and her involvement “both within and outside the work community to promote counselling”.

Credentials

- Master of Education – Counselling Psychology , McGill University
- Canadian Certified Counsellor * with the Canadian Counselling Association
- In private practice since 1998

Counselling Approach

I use a brief, solution-focused approach to help people cope with and manage a variety of life challenges.

Counselling Specialty

- Stress management
- Burnout recovery
- Anger Management
- Assertiveness training
- Divorce and separation
- Parenting Concerns

Number of Sessions

You are not required to commit to a specific number of sessions – you are the best judge of what you need.



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Telephone Counselling

Consulting via telephone is an alternative source of help when in-person sessions isn't possible or convenient for you. A telephone session saves you time, is more it is often easier to get a appointment than an in-persons session. Telephone sessions are especially useful if you are traveling. You can reach me at 514-223-1015 or 1-866-441-8909

Fees

Telephone sessions: 30 minutes \$45, 50 minutes \$80

Fees are in Canadian dollars and are in effect until Dec 31, 2005.

Fees are paid in advance via PayPal on [Lucy's website](#).

Canceling Appointments

Appointments that are cancelled up to 24 hours prior to the appointment can be re-scheduled. There is a cancellation fee of \$45. If you schedule another appointment to take place within 48 hours the cancellation fee is waived. Appointments can be cancelled by phone and by email. The receipt of your phone message or email to cancel an appointment will be acknowledged.

Confidentiality and Records

Counseling often involves sharing sensitive, personal and private information. Ethical guidelines require that all interactions, including content of your sessions, your records, scheduling of or attendance at appointments, and personal progress are confidential. No one can have access to any information without your signed consent. Exceptions to confidentiality:

1. A client poses a clear and imminent danger to themselves or to someone else.
2. A client requests release of information.
3. A court orders release of information.
4. Clients raise the issue of their mental health in a law suit.

*** What is a Canadian Certified Counsellor?**

The Canadian Counselling Association (CCA) "identifies to the public, those counsellors who, through a process of credential evaluation, are judged qualified to provide counselling services." As a Canadian Certified Counsellor I am required to continue to develop my expertise and adhere to a code of ethics. If you have any concerns about my professional conduct please call the [Canadian Counselling Association](#) at 1-877-765-5565.