

# Glimpse into Motivational Monday – week 11 2014

**“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”**

If you are stuck in bed most of the time like I am at the moment, this is especially poignant. It applies to everyone though. Keep smiling, keep positive, don't give up. Cry and complain, because that is healthy too, but at the end of the day, holding onto the faith that things will get better is what will get you through. Make the most of what you can do, and the people who are around you, and keep going.

