

24 HOURS AND COUNTING

Written to Celebrate the Life and Legacy of Loved Ones Who Are No Longer With Us

For years, if someone asked,
"How are you?"
I'd simply answer, "Fine."
It was the cordial thing to do.

In turn, I'd ask the same question
I was just raised that way
Their response would be similar
It was all so commonplace

A greeting in passing
Coupled with a smile
Or a nod of the head
Somehow made it worthwhile

Now, life has a way
Of changing your attitude
It's just wired that way
And that's the stone-cold truth

So, I made a commitment
On an extraordinary day
To step back
Assess the situation
And ask myself the question,
"What else can I say?"

Just imagine the potential
Of a positive attitude
It can bring about a change
In everything you think, say, and do

I made a firm decision
To reconstruct my point of view
Modify my response
What did I have to lose?

At first, I would reply,
"Wonderful! How are you?"
That would prompt a smile
Or an "I'm wonderful, too!"

Over time, I begin to realize
I was missing the mark
Those words weren't enough
To share what was in my heart

Then, the time came
For me to respond
"I'm grateful."
I heard myself say
That's it! That's the one!

I'm grateful to be here
To see the dawn of a new day
To awaken with the breath of life
To be able to give thanks

To voice a prayer of gratitude
To feel the warmth of the sun
To know the love of family
Friends and loved ones

To have the bare necessities
Of food, clothing, and shelter
To share a word of kindness
With an unsuspecting stranger

To begin anew once again
To make healthy decisions
To overcome adversity
Discourage contention

To be able to say
"I love you. Thank you. Pardon me."
To be forward thinking
And envision unlimited possibilities

To laugh, cry, sigh, and rejoice
To think, touch, and feel
To be in awe at sunrise and sunset
To care deeply and know it's real

Each day is brand new and different
Enduring and limitless
Twenty-four hours and counting
What are your plans to do with it?

Now, I'm glad life has a way
Of changing our attitudes
We're just wired that way
And that's the stone-cold truth

Shuntrela Rogers Johnson

October 30, 2019