



## FTPD-Issue 8

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25th September 2020

*Ever since starting these weekly messages and asking for readers to send me inspirational quotes and scriptures, I have received quite a number of them. Each time I receive one my mood instantly lifts and I have a better day from that moment forward. And if my mood starts to flag, I can simply revisit my inbox for a pick-me-up! It's amazing how something so small, can make such a big difference, especially as we continue to live during the COVID-19 pandemic.*

*Victor Frankl, Austrian neurologist and Holocaust survivor, wrote in his book, [Man's Search for Meaning](#), "The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way." This is precisely what those positive emails do; they remind me that I have absolute control over my attitude and I can choose to be happy and not let the current circumstances weigh me down. I must confess that positive nudges from those around us help significantly in choosing to maintain a positive attitude. It's affirming to be in positive company.*

*Remember the words of wise teachers before us, "We become what we think about most." While I know this may seem like a difficult challenge, let us decide to maintain positive attitudes in our given circumstances. Look at every sunrise as an opportunity to renew the commitment to a sunny attitude. In addition, make a list of seven people each week and send them a positive thought or words of encouragement; sharing kind words cost you nothing, and it is sure to help spread happiness and create more positive attitudes.*

*Please continue to spread joy and send inspiring quotes or scriptures to [presidentsoffice@ub.edu.bs](mailto:presidentsoffice@ub.edu.bs).  
Please stay safe and be encouraged.*

*Rodney D. Smith, Ed.D.*

*President and CEO*

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