

## Youth Responses - "What Would You Consider A Good Day?"

Contributed by American Youth - Grades 1st - 12th  
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Ask Yourself: "What Do I Consider A GOOD Day?"

As is with most things out there, a good day is what you decide it to be. You make it or break it. Maybe if you slowed down a little and gave it some thought, you might realize that there are a lot of little things that can make for a good day. Not everything has to be elaborate, well thought out or even experienced in a far away destination in order for you to reap the benefits of being alive. We all have our own definitions on what is "good." Consider how you represent "what is good" to yourself. Just know that it is everywhere. Good people. Good places. Good things. Good vibrations. All around you...all the time.

A friend of mine refers to these moments as "little pearls." What are the little pearls in your day? What stops you from noticing and experiencing them every day? A new year is upon us. How do you choose to go through it?

Take a few minutes to read some of the responses from our youth. Simple. To the point. Honest. Obtainable.

Here are a few responses from our youth:

- \* I kind of think that every day is a good day." - Age 15 - Broomfield, CO
- \* A good day is when no one is fussing. There is too much fussing going on out there." - Age 14 - Norfolk, VA
- \* A good day is taking a long walk with your friends." - Age 8 - Littleton, CO
- \* When everyone is not talking." - Age 6 - Littleton, CO

More...

- \* When I find something that I have lost. - Age 9 - Dallas, TX
- \* One where I have lots of fun and can spend time with the people I care most about. - Age 10 - Nassau, Bahamas
- \* Is when everyone gets along. - Age 10 - Aurora, CO
- \* Going outside and playing in the rain. - Age 10 - Atlanta, GA
- \* Is when you set out to make new friends. - Age 8 - Littleton, CO
- \* When I feel good and have achieved something new in my life. - Age 14 - Norfolk, VA
- \* When I spend my day being an artist. - Age 6 - Littleton, CO

- \* When everybody gets along. - Age 10 - Aurora, CO
- \* A day with a lot of laughter. - Age 7 - Denver, CO
- \* A good day is one when I do not lose my smile. - Age 13 - Norfolk, VA
- \* Going through the entire day without arguing and fighting with your friends or other people. - Age 9 - Atlanta, GA
- \* Making progress with friends and with work. - Age 13 - Chicago, IL
- \* When my best friend comes over and we play. - Age 8, Brunswick, GA
- \* Hearing a good story. I think I tell good stories. - Age 6.5 - Littleton, CO
- \* When you eat a nice meal and it makes you feel good. - Age 8 - Littleton, CO
- \* Is playing outside. Feeling the warm sun and finding animals in the clouds. - Age 7 - Littleton, CO
- \* Is giving someone a compliment in the morning and afternoon. - Age 8 - Denver, CO
- \* Any normal day. - Age 14 - Norfolk, VA
- \* Being appreciated. - Age 7 - Littleton, CO
- \* Going some place new and different and realizing the special things about it. - Age 10 - Littleton, CO
- \* For us kids, is when grown-ups are not working. Instead they are playing with their kids. - Age 7 - Littleton, CO
- \*
- Playing with my dog. He is white, has curly hair and is 4 years old in our years (28 yrs). We play catch a lot. He is my best friend. - Age 9 - Littleton, CO
- \* When you smile because you are genuinely happy. - Age 14 - Norfolk, VA
- \* When everything falls into place. - Age 7 - Denver, CO