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The Gift of a Positive Image
It is important that we all find people that believe in us
just as we believe in others.

There are times in our lives when we may find ourselves facing challenges that can seem overwhelming. The situation or task we are struggling with seems hopeless, and it is easy to stop believing in ourselves, our goals, and our dreams. It is during these moments that it can be reassuring and reaffirming to turn to the people in our lives who do believe in us, especially when we are finding it hard to believe in ourselves. An encouraging word, a reassuring look, or hearing the words "I believe in you" from someone who matters can help us turn our situations around in an instant.

Everybody has someone who believes in them, whether this person is a teacher, parent, friend, loved one, or an employer. Often their belief can wrap us in warmth, bolster us, and offer us a supportive hand to grab onto until we can regain our own support. Having that special person who believes in our abilities and our worth is a wonderful gift. But when we are feeling unworthy, it may be difficult to take in something so precious. We may even feel like we need to do it

all on our own and that we shouldn't be asking for help. However, in letting their belief and support impact you, you are acknowledging the part of yourself that knows you are worthy of trust and esteem. By allowing them to believe in you, your own belief in yourself and your abilities will start to emerge again. Borrow their vision, and you can make it your own.

If your special someone is not there to spur you on, you also can lift yourself up with the gift of a positive image. When you feel uncertain, you can create a vision of the future you desire that will serve as a beacon of light. To do so, simply imagine a future that is exactly as you'd like it to be. Imagine in detail how you feel, what you are doing, and how others are responding to you. Make your vision as real as possible, and allow your doubts to recede so you can focus solely on the goal you seek. The more intently you focus on the image of what you want, your belief in yourself will step to the forefront, making it easier for the universe to open up a path and guide you.



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Take the Shuttle!
For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

TOYS for TOTS in the Upper Keys
Our little community had a great outpouring of generosity for underprivileged kids in December. Look at all these toys!



Photo by Charles Fountain

Islamorada collection point, above and below, for Toys for Tots... and this was before the big Poker Run and day-long benefit!



Photo by Charles Fountain




Photo by Rob LeBrun

The Toys for Tots Poker Run stopped at Gilbert's Resort and collected FIVE carloads of unwrapped toys! Many thanks to the 300+ bikers, volunteers, and Marines that helped the success of this worthy event.