

# FamilyLife Blended® Radio Transcript

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## Note to Self

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**Ron:** Mom always said there would be days like these.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Days like what? Days that you're discouraged. And sometimes we do it to ourselves. Like before marriage we notice the best about the other person and then after we notice the bad and we get discouraged.

Maybe it would help to keep a list of positive things—notes to self, if you will. Things that lift our spirit when it's needed—an encouraging note from a friend, a positive story about your spouse, or reminders about the good times with your stepchildren. Simple reminders that life's not all that bad and God is still working. Good idea. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife. Help for today. Hope for tomorrow.

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