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REFLECT

WEEKEND WORDS OF WISDOM #18 DO THINGS NEED TO CHANGE?

Ask yourself this simple yes or no question – are you living your life the way you want to? What would you change today if you knew that tomorrow would be your last day?

ASK

If you answered yes, then create a 2-part list: A) How are you currently living, and B) What more can you add to your life to live it to its' fullest.

CURRENT	ADDITIONS

If you answered no, then create a 3-part list: A) How are you currently living, B) How do you want to be living, and C) What changes need to be made to get from part A to part B.

CURRENT	WANTS	CHANGES

DO

Look at this list often to remind yourself where you are and what you want to do in life. Update it frequently because life is not static, it is always changing and evolving. Remind yourself that you are not perfect, forgive yourself of your failures and shortcomings, and always remember that tomorrow is a new day – a day of renewal and rebirth – a blank canvas waiting to be painted. How will you paint your daily canvas?



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"Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life.... You are already naked. There is no reason not to follow your heart."

- Steve Jobs -