

FORWARD

Life moves in one direction. Forward.

Look forward, that is life itself. That is where you are going. Like a car, when driving, you head in the direction you are looking. It's automatic.

If you spend your life looking backwards, to what happened in the past, you will be living in history. You'll never get ahead. You'll never be free to move forward. Worse yet, the time spent living in the past is also rewriting the past.

What happened in the past changes based on where you are today. Think about how people disagree as to what actually happened with respect to an incident. Each person has their own truth based on how they saw the situation. The truth for one is not necessarily the truth for the other. Which is true? Both. Which is false? Both.

Think about something that happened in the past that, at the time, felt awful, and was awful. Perhaps you thought it was the end of your world. What now? What changed? What good came out of it? Life works in mysterious ways, and out of the bad there always seems to be a light of hope, learning, and something to move us forward.

We do need to reflect on the fact we can't change the past. We can think about it differently. The real key is to use the past as a reference to help us in the future. The past has brought us to where we are today and is the basis for our thoughts and perceptions.

Our future decisions are made, in part, based on our past history and learning. Automatically our mind uses the past as it looks forward. The past is not lost. The key is to look forward.

The only thing we can control is today. Today is all we have and all we will ever have. It is what we do today that determines our tomorrow. Today is the seed we plant, the seed we water, and the weeds we pull.

Today will be tomorrow. Today there will be success. Today's success is based on previous today's actions looking forward to what we want, what we create, and what we believe.

Next year is not a repeat of last year. Next year is a clean slate on which you will write your life's story. Use this year as a guide as to what worked and what did not work. The year ahead is a gift. The value of the gift is what you do with the time.

NOW is the time to plan to use the gift of next year wisely, for yourself and for the benefit of your family and the community. The funny thing is that if you live your life to assist family and others, you will end up with the best possible life for yourself.

Helping others helps you. Helping others makes your life of great value to others and, most importantly, to you.