

IGNITE THE FIRE



MASTER CONNECTION ASSOCIATES



“As you grow older, you'll find the only things you regret are the things you didn't do.”
- Zachary Scott



WHAT IS YOUR DAILY GIFT?

BY JOS WEESJES

Don't you love this simple yet wise message: “Yesterday is History, Tomorrow a Mystery, Today is a Gift. That’s why it’s called the Present”. I strongly believe that our lives give meaning by focusing on making each and every day worthwhile. Emphasizing what will be around the corner, what will, what might happen tomorrow is a waste of time, just because tomorrow will never arrive if we’re always looking at what’s next. *Anxious that your life is unfulfilled?*

In this context I recommend reading “Life is a Gift” by Gill Edwards. It’s all within the title: we just need to unwrap it. Often we know what we would like to have/be/do in life, but instead of being filled with love, confidence, and direction, we feel afraid or unworthy, and push our dreams to one side. This is one of those books that is best read a few times, making notes as you go through, of those ideas and comments that ‘speak’ to you. Then start putting the principles into practice.

However, you might think... yes that’s all nice and well and that slogan looks good on a book cover, but how do I actually do this? I am too busy to even think about reading another book and my day takes over because of planning for things tomorrow, next month, next year. To me this book prompted me to start thinking about how and what my perfect day looks like. If a single day is the fabric, the one brick, the foundation of our life; what does a perfect ‘you’ day ideally consist of?

Can every day be the same, will every day be amazing? Of course not... but if we don’t know what kind of day makes us really happy, with what kind of ingredients, anchors and milestones; how would we know we’re back on track? Building on the importance to follow a morning ritual, this takes it a bit further. What are those ingredients that create a ‘gifted’ day for you? Things you only can decide, control, start or influence. Things you can repeat every day and you only blame yourself for if you did not achieve them.

Think about that for a minute... *what actually is your ‘gifted’ day?*



TRAVEL TIP:

When packing, fold all of your clothes with tissue paper in between them in order to reduce wrinkles!