

Time - Today is a gift. Perhaps that's why it's called the present

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October 16, 2023



Coach Myrna, October 16, 2023

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Time

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening, the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course! Each of us has such a bank. Its name is TIME. Every morning, it credits us with 86,400 seconds. Each night, at midnight, our count starts over. Nothing is carried over from the previous day.

Each day opens a new account for us, ripe with possibilities. Each night, it burns the remains of the day. If we fail to use the day's deposits, the loss is ours. There is no going back. There is no drawing against the **tomorrow**.

We have the opportunity to choose how we will use today's

deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Treasure every moment that you have! And treasure it more because you shared it with someone special.

- Who will you call or text today?
- What special person needs to hear how much you appreciate them?
- Is there a person that you need to forgive or ask their forgiveness?
- When is the last time that you told your son, daughter, parent, sibling or partner that you love them?
- Who could you schedule a visit with to reconnect?

Time waits for no one. Yesterday is history. Tomorrow is mystery. ***Today is a gift. Perhaps that's why it's called the present!***

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Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

