

July 15, 2008



Just for Today

do it and move on

Sometimes we're a day late ... hopefully not a dollar short... and it's tempting to say "oh, never mind". But two things happen in that moment: first, we aspire to failure - in other words, we give ourselves permission instead of holding ourselves accountable. Second, we carry our "failures" far longer than we celebrate our successes, and they take up valuable head-space.

Just for today: *if there's something you didn't get done and it's scratching your conscience, get it done. Free up those brain cells for more important things, and move on basking in the satisfaction of a job well (OK, late, but well) done!*

Angela