

Create This Day

What kind of day will this day be? It will be whatever you create it to be.

For when this day is over, what will matter most is not the assortment of events and conditions it brought to you. What will truly matter is what you have done with it all.

Rather than complaining about or making judgments about the negative energy coming your way, you can refocus that energy in a positive direction. With the minutes and hours, circumstances and events serving as raw material, you can create a day that's very much of your own choosing.

As you sail across life's ocean, you cannot control which way the wind is blowing. Yet you can adjust your sails so that you'll move precisely in the direction you have chosen.

As you go through this day, you cannot control the thoughts, words and actions of others. Yet you can adjust your own attitude, responses and actions to create a perfectly wonderful, effective and fulfilling day out of whatever the world hands you.

Just as surely as you can create a thought in your mind, you can create this day in the way you choose. So choose right now, and in every moment, to create the best day yet.

Ralph Marston