

## **Our Greatest Gift!**

Yesterday is history. Tomorrow is a mystery. Today is a gift, that's why it's called the present!

Living in the present moment allows us to fully express our gifts and appreciate the gifts of others. Our greatest challenge is to steer clear from the distractions which prevent us from living each moment in the present.

We cannot change the past. If our past adds up to a successful life, then the key is to understand our daily practices and progressively improve upon them a little each day. If our past practices add up to a life of worry, regret, sorrow and pessimism, then it's time to make purposeful changes in our daily habits. To change our life, it is necessary to change our life. The best time to make changes is in the present moment.

When we look to make major changes in our life, the task can appear overwhelming. When setting life goals, it's tempting to overestimate changes we can make in six months or a year. Trying to change too much too quickly can set us up to abandon our goals in frustration if we don't experience instant gratification. Subsequently, the tendency is to greatly underestimate what can be realistically accomplished over three to five years. Goals are achieved by setting a course and walking towards them each day in the present moment.

Being fully present in our daily life provides us with the gifts of highly productive and loving relationships, freedom from worry, appreciation of our surroundings, attentiveness to the needs of others, life balance and overall well-being.

The present is our greatest gift, when we accept it gracefully everyday.

### **Coaching Initiatives:**

- ❖ What prevents me from living in the present moment each day?
- ❖ What distracting habits am I willing to stop?
- ❖ What reinforcing habits will I replace them with?
- ❖ When will I start?



Rick Forgay is President and CEO of Business Leadership Mastery. Applied education for Executives and Entrepreneurial leaders who want to excel at growing thriving companies in any economy. Programs includes customized corporate and small business leadership coaching, strategic summit facilitation, keynote and conference presentations. Contact Rick at 413-262-4906

***"Excel At Building Businesses Where People, Productivity and Profits Thrive In Any Economy."***



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