

Embrace each moment

The New Year has begun and the festivities already seem long behind us as we embrace the winter months. This is a great time to start focusing on you! What goals have you set for yourself for the month? Notice, I did not say for the year. We seem to always be ahead of ourselves and never find the time to embrace the "NOW"!

It is so important to live each moment to the fullest and let everything just fall into place naturally. We are so busy trying to make things happen that we miss the most important and small blessings that surround us everyday.

My challenge for each of you reading this message right "NOW" is to stay present, enjoy your life as it is this moment. Life constantly changes from second to second; nothing remains the same. Instead of rushing through life trying to get from one place to another and from one day to another -- Stop! Savor each and every moment, it is the only guarantee you have. Just like GOD has made every person unique, he has made every moment you experience unique. It is part of his bigger plan, you are part of his bigger plan whether you are able to recognize it or not.

When someone is speaking to you, do you go off in thought and leave them out of your moment? Do you get in your car and not know how you reached your destination? What if you missed one of the most important moments of your life because you were somewhere other than the NOW!

Daily Affirmation

I live and embrace each moment to the fullest!