



***TODAY is the first day of the rest of my life.....***

Sounds a bit melodramatic doesn't it?

This was said to me by a very wise and dear friend quite a few years ago and yes at the time, it seemed very melodramatic and perhaps at the time for me, it was.

I don't share this with you for any reason other than to tell you that I have said this exact phrase countless times since – oh yeah and without the melodrama...

The way I see it, I can say this any day I choose to...because let's face it, it's true for every day that I am here on this planet. Do you agree?



Now let's think about 'when' I should say it. Can I only say it on a Monday....? (cos that's the only day we can start anything new, right??)

NO of course not, I can say it any day!

Funny thing I noticed recently was what happened to my day when I said it first thing in the morning (you know when you wake up and you are not quite 'with it' but not still in the dreamy land of nod).

Saying this out loud at that time changed the way I approached my day.



And guess what?? The things I attracted into my life on that day changed too....for the better!

'Firsts' represent so many things and I am sure we can all remember some firsts that might have changed our lives.....

Maybe it was a new challenge, a fresh start, perhaps it was even a little scary, but almost always a 'first' is exciting....

With that in mind I ask you, do you think that starting each day by saying 'this is the first day of the rest of my life' might dramatically change the way you approach your day.....or maybe even your life...?

So when is it going to be the first day of the rest of your life????

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