

This is the beginning of a new day.

God/Goddess/Spirit has given me this day to use as I will; I can waste it – or use it for good.

What I do today is important because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it.

I chose to live this day with compassion, not judgment; mindfulness, not unconsciousness; positivity, not negativity; good, not evil, success, not failure, in order that I shall not regret the price I have paid for it.

Unknown Author