

Positively Speaking

By Mark Wilson

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Long Haul Living

You were designed to live for the long haul! Life's a long distance marathon, not a 50 yard dash.

With that in mind, it's vital to keep the big picture in mind. Most of us get tangled in the minutia of the moment and forget to look beyond the current situation.

Most worries aren't really that important in light of the big picture – the long haul.

The next time you find yourself “all worked up” about something, ask this question, “Will this really matter ten years from now?”

That question puts it in perspective. I've discovered that most of my frettings are of very little consequence.

Long haul living requires some long range thinking.

What are you willing to sacrifice today for a greater gain tomorrow?

What habits today will destroy your health and/or relationships tomorrow?

If you continue in the same direction and at the same pace as you are going today, where will that lead you tomorrow?

If your money management patterns today continue, what will your financial picture be tomorrow?

What does your spiritual condition today say about your spiritual destination tomorrow?

Are you content with where you are heading in your life?

If not, what changes need to be made?

Here's a wild idea: Think of something you really should be doing -- but you've just not gotten around to it.

Get up from reading this and go find a mirror. Look at yourself in that mirror and say, “Do it now! Do it now! Do it now! Do it now! I'm not going to delay another day. I've been wanting to do this someday – and someday starts today. I'm going to do it now! “

Then, go out and do it!

This very instant is the first moment of the rest of your life. There's no better time to get going than right now!

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