

## WHAT DO YOU CHOOSE IN YOUR MOMENTS?

Success is often defined as achieving an end result. It is indeed important to have a horizon line representing our dreams and aspirations. With our horizon line established, we can make choices in each of our moments to support that destination. However, it is in each of our moments that we make those choices and it is in each of those moments that we live our lives.

Do you spend your moments indiscriminately? Are you aware of what your desired horizon line is so that you can make decisions in the moment that support getting there? Do you enjoy and see the perfection in each of your moments?

We have only but the moment that we are in. The past is gone. We can learn from our past, understand the choices that we have made and, if we want to see change, make new choices in the present. Tomorrow is not yet here. Why not make the best of the moment and replace frustration, impatience, and worry with gratitude for what is real now? This is where the juice of life resides!

In Matthew, Chapter 6, the Bible says:

### **Do Not Worry**

<sup>27</sup>Who of you by worrying can add a single hour to his life?"

<sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

This is packed with Wisdom. We only have this moment. What will you do with your moments? Make choices that support your now and your future and, then, 'Let go and let God'.

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