

## Clean Slate

Do you want to start off now with a clean slate? A blank page on which to write? A new beginning?

Today, and every day, is a clean slate. A new beginning. A gift to use or to lose.

We all have baggage, history, regrets, failures, mistakes, words we wish we never said, actions we wish we never took, wrong roads we went down, wasted time, wasted relationships, and relationships we should have kept. The list goes on and on.

Our history, our baggage, can lift us up or drag us down. Which do you prefer?

Most of us wake in the morning exhausted, mind racing, and reliving the past, the horrors, and how we are going to face the day. We get up and pile our history on the slate of the day. The day is clogged and full before it begins. There is no room for the new.

Does the past and the fear of the future take today away from you? Are you overwhelmed with what was and what could be ahead? Do you live in the past and the future?

As I write this, it's the new year, a clean slate. It's also my birthday, another year, and a clean slate for the upcoming year. Plus, it'll be a big birthday next year.

Like you, I have history. Perhaps failure. To me, 'failure' is lessons and learning. You have not 'failed' until you have stopped trying. It's as simple as learning to ride a bike. You fall many times before you learn to keep your balance and ride. When you fall, is it failure or learning? So, as long as you don't stop trying, you have not failed.

Like you, I hope to have a future. In the future there are many things that could go wrong. Things have gone wrong in the past. Should I expect that for the future? Sure. We can all find a lot of things to worry about in the future. Health, kids, financial, disasters, accidents, relationships, and more.

Ben Franklin said, "A few of the things I worried about actually happened."

Me, I look at this year, my birthday, and each day as a clean slate. I try (not always succeeding) to leave the past in the past. The past is experience, lessons, and learning. I can't change it, and I can't relive it to any value. So, ideally, it's left where it is, in the past, in the rear view mirror.

The future is a clean slate. We can write on that clean slate and we do. The issue is what we write. If we write the same old history, a repeat of the past, the negative, the hurts and the failure, we'll ruin the clean slate. We'll ruin our future. Today, also a clean slate, will be lost in the trauma and drama of the awful future we are imagining.

The slate is clean. The past is past. Today and every day in the future is a gift. We are the captain, we determine how we are going to live the day. We can't determine the outside issues that confront us, but we can decide how we will react to them.

Let's use the clean slate to create a life of value. Let's decide what we'd truly want and then work towards it. Life is a clean slate for you to write on. You can write the picture of your exciting adventure and live to it. Yes, you can. Yes, yes, yes. Decide now, decide to make the clean slate a picture of the life, the exciting adventure, you'll live to.