

Good Morning

Good morning to you. What makes it a good morning?

The morning, and all day, is what you make of it. It is not what happens, or what happens to you, as much as how you handle and react to what happens. It is all in your interpretation and reaction to what is.

No, we cannot control the outside world and what happens in the moment. We can control how we react, handle, and address what happens.

Some of us are morning people and some are night people. For me 5 am is a great time for coffee, writing, and thinking. It is also a quiet time for me to plan what I will do for the day.

We need to know what we will do for the day if we are to accomplish much. We all need a plan of what is important and what we will do. Sure, we all have a lot we'd like to do or that others expect us to do. Our whole time can be filled to the brim, and we still might not get to what we want to do.

Well, plan your day in advance. Use a system and start on the most important things. Sure, we all have things we have to do that we may not enjoy, and we all suffer from interruptions some of which have to be allowed and handled. Notice, I said some. There are other interruptions we can say no to, and empower ourselves to stay the course and do what we planned and what is important to us.

Others have what is important to them. That does not mean we have to stop and do as they please. Sure, we can plan it with them, and we can help and assist. That said, we do not have to give our life and our time to others to the detriment of ourselves.

If you make a plan and work the plan, you will end your day with a sense of satisfaction and accomplishment. That is because you stuck

to your plan of what was important and did what was important. How often does the day end, and you never were able to do what you wanted?

Without a plan and a forward looking approach, you can create needless stress in your life. The farmer plants the crop in the spring and then harvests in the fall. He can't plant in the late summer and expect the crop to grow. Farmers plan ahead and do things in order as needed. In life, we need to do the same. We need to do things in advance on a timely basis.

Deadlines cause stress when we are not doing the work on a timely basis in advance. Rather than use the deadline as a stressor, why not use it as the guide it was meant to be so that you can plan ahead to be done ahead of time. Ideally, you are finished before the deadline. Planning and working the plan to be done before the deadline allows time for the unexpected.

So, embrace the day, have a plan and work the plan. You'll go to bed satisfied.