

Three Things

There are three things in life you cannot recover:

The WORD after it is said

The MOMENT after it is past

The TIME after it is gone

We all have thought things that we shouldn't say. We all have said some of those words out loud. Be they right or wrong, in the end, we always ended up hurt by the words. Once said they are eternal and stay with us and others our entire life.

We all get angry. We all want revenge. We all realize it's wrong but, sometimes, we just get so upset we say the WORD out loud.

As we age, ideally, we say the WORD less and less. We know the spoken word hurts us as much as the person it is spoken to.

Bite your tongue. Let's continue to hold back and resist the immediate temptation to say the WORD out loud. How many times have you held back, or worse, did not hold back and let the WORD fly only to learn later that you were wrong? I have. I bet you have too.

The MOMENT is life itself. Kids live in the MOMENT and I bet that is why they are happy and smiling. Kids don't have the adult stress of life. They just live in the MOMENT. Aren't they better off than we are? Kids don't stress, don't spend a lot of time planning for the future or worrying about the past.

Kids can teach us how to live and live well. Kids know the power of the MOMENT. Kids are the best role models for adults. Be a kid, you'll be happier.

Can you count the times in the past week you were distracted by something insignificant only to miss the MOMENT of value? Can you try not to let that happen in the future?

Time wasted is time lost forever. TIME is our most precious asset and none of us know how much time we have left here on earth. Our TIME can be up at any moment.

Every year I suggest that around Thanksgiving you write your current obituary. Or, just write what you have accomplished in the past year. If you are like most, you'll wonder where the TIME went. You may not be pleased with what you have done or have not done. Reviewing it annually will help.

Some feel we have more than one life on earth, and others feel this is the only one. Regardless of your opinion, why not just make the best of this life, right here, right now. Make the best of every **MOMENT** possible, enjoy **TIME** well spent, and keep the **WORD** to yourself unless it has positive value.