

Where do you Live?

We live in the past, in the present, or in the future.

If we live in the past, we look back. We dwell on what was. We dwell on problems, what we did, what we did not do, what we wish we had done, what we wish we had done better, and we live with regrets and should haves.

Living in the past, we just might rewrite history. We might give energy to things that cannot be changed. We give life to that which is already gone. We even change our opinion of what happened in the past based on our feelings in the present.

Living in the future, we look forward. We look forward to what will be.

When I retire I will

When I finish X then I will

When I have time I will

When my ship comes in I will

When I win the lottery I will

How many people live for retirement, wait until retirement to do something and then die or are physically unable to do that which they have waited a lifetime to do?

Some of us spend too much time in the past. The past was for learning and lessons. The past and learning from the past is part of us and affects what we do and the decisions we make today. The past is part of us, and we need not dwell on it. The past was for learning and lessons. The past has helped to make us what we are today. We can only learn from the past, and we cannot live there.

The future never comes. When do we ever get to the horizon? The horizon is always in front of us. That is the same with the future. Planning for tomorrow is a good thing, as long as it is balanced with living life today.

The present, the NOW, is all that we have. It is the only thing that we can work with, that we can change, that we can effect, that we can do with as we please. Even if we can't do it all right now in the present we can take steps. We can move toward the goal and the objective.

The present is all we have to work with. The present is all we can change. The present is a gift to us today to be used and appreciated.

Yes, we can live in the past, the present, or the future. The present is the only one that we can control and do something about. The present is a focus on the Now. It all happens in the Now.

Now is the time to take the first step. Now is the time to change your attitude. Now is the time to engage and create the life you want to live.