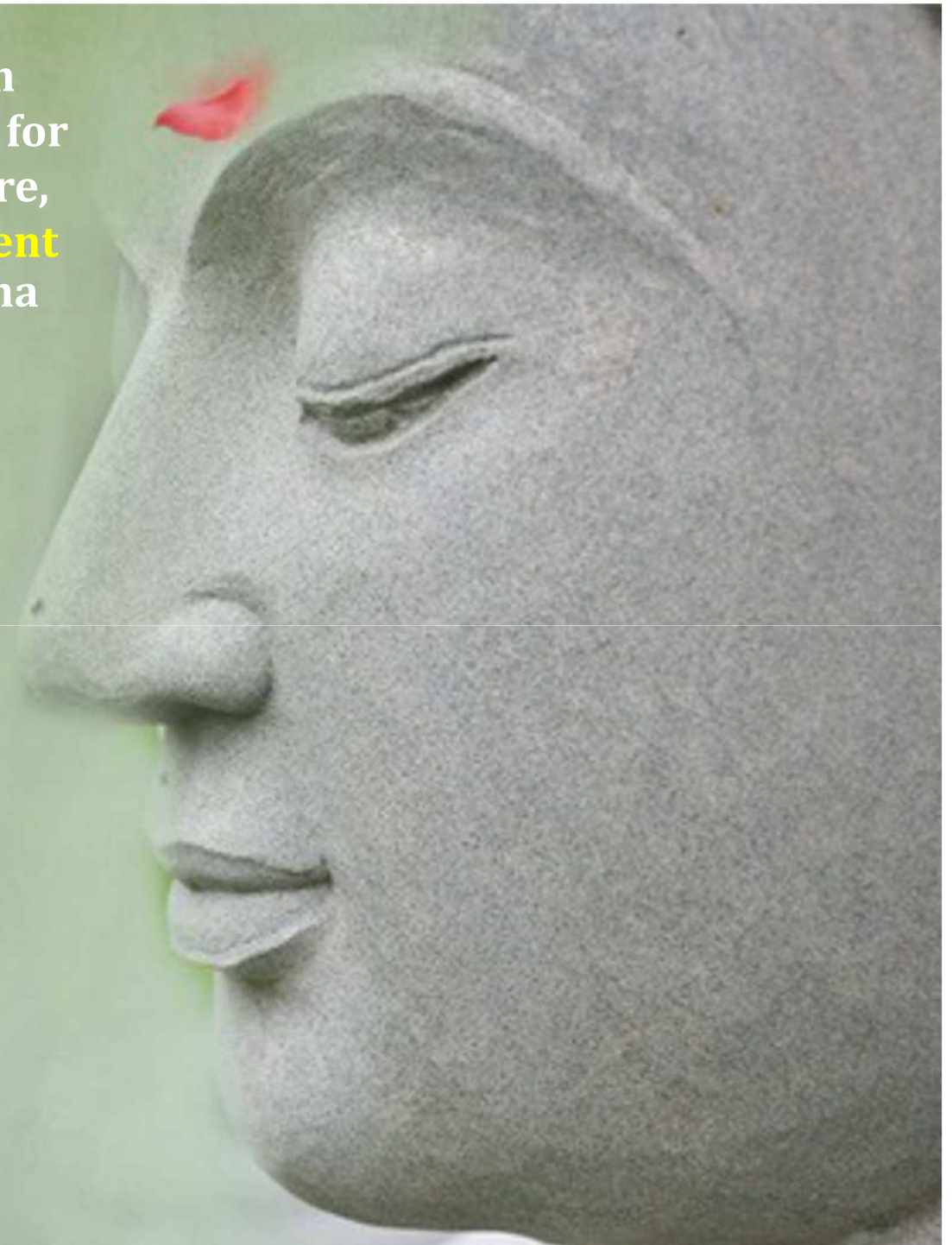
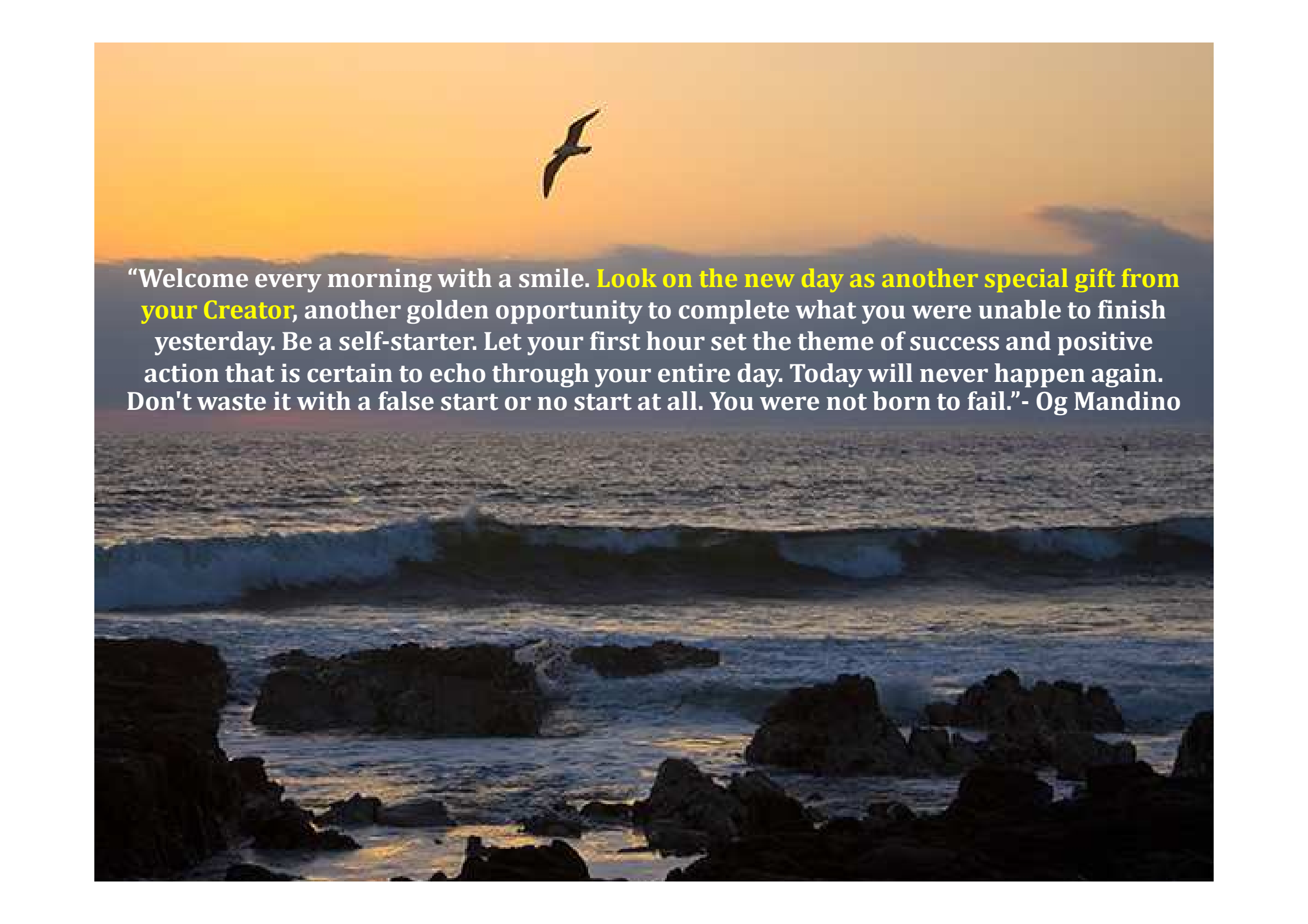




**Today Life Begins!!!**

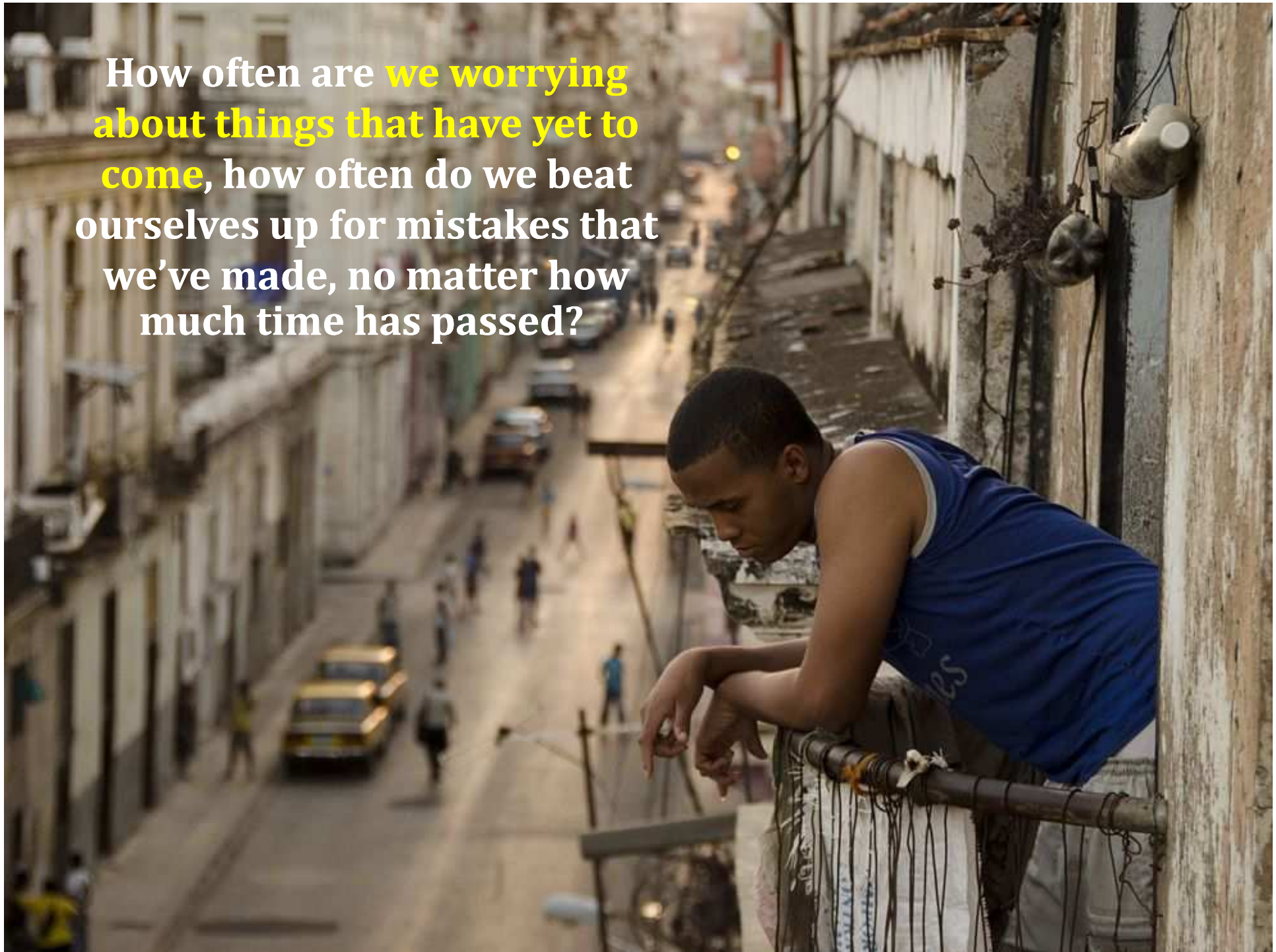
“The secret of health for both mind and body is not to mourn for the past, worry about the future, but to **live in the present moment wisely and earnestly.**” – Buddha

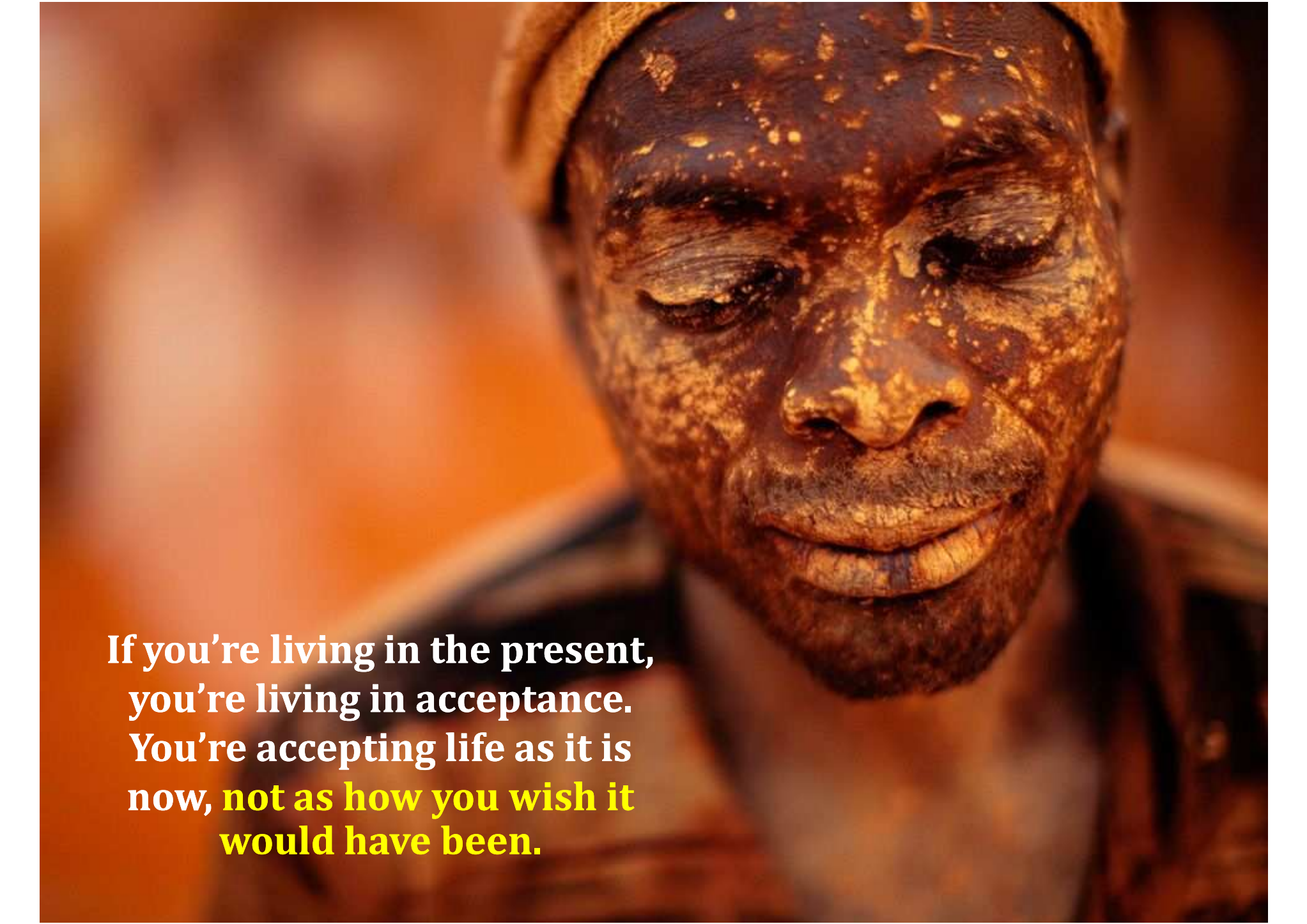


A seagull is captured in flight against a warm, orange-hued sky at sunset. Below the bird, the ocean's surface is textured with small waves, and a larger wave with white foam is visible in the middle ground. The foreground is dominated by dark, jagged rocks. The overall scene conveys a sense of peace and the start of a new day.

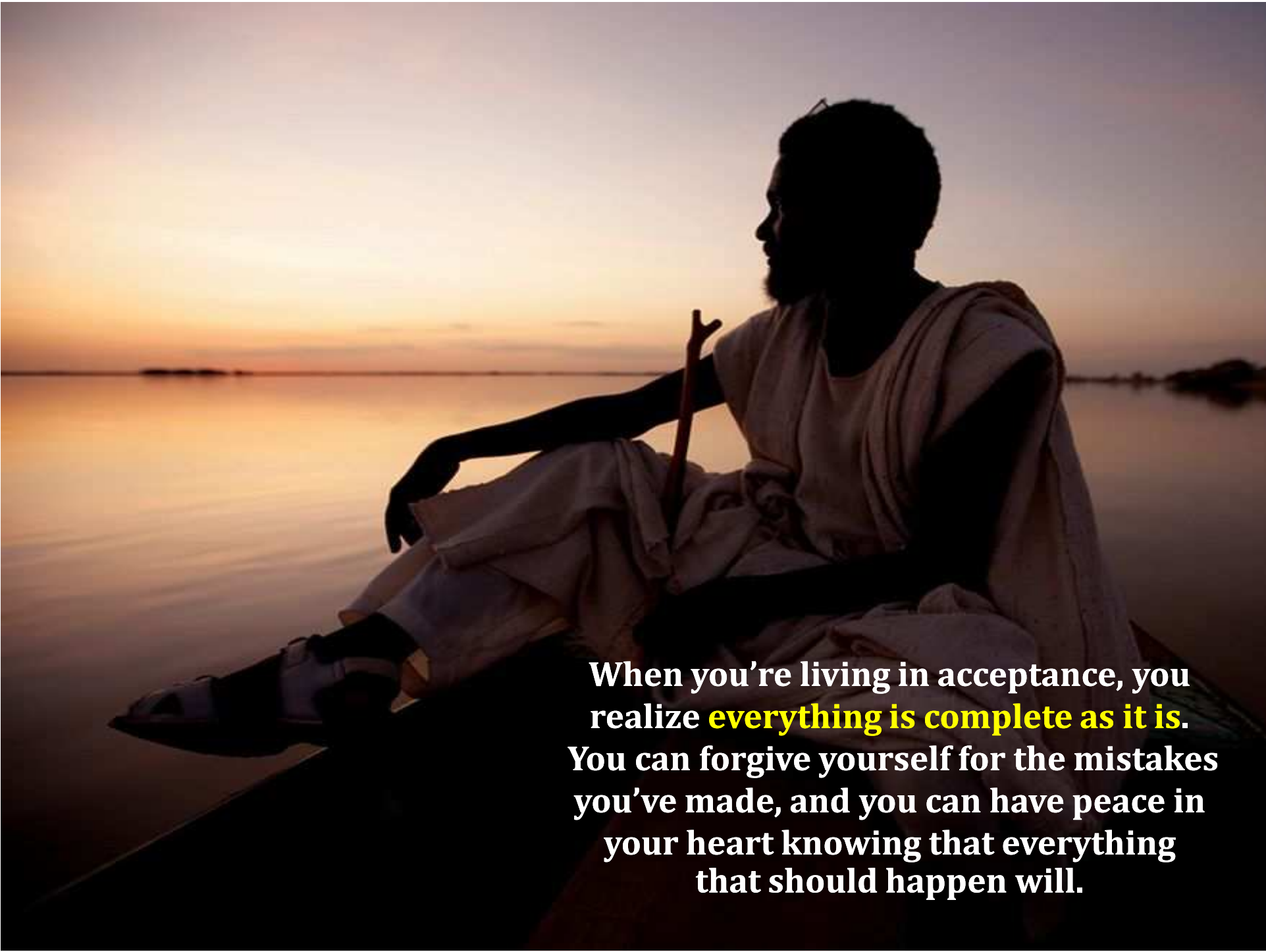
“Welcome every morning with a smile. **Look on the new day as another special gift from your Creator**, another golden opportunity to complete what you were unable to finish yesterday. Be a self-starter. Let your first hour set the theme of success and positive action that is certain to echo through your entire day. Today will never happen again. Don't waste it with a false start or no start at all. You were not born to fail.”- Og Mandino

How often are **we worrying about things that have yet to come**, how often do we beat ourselves up for mistakes that we've made, no matter how much time has passed?

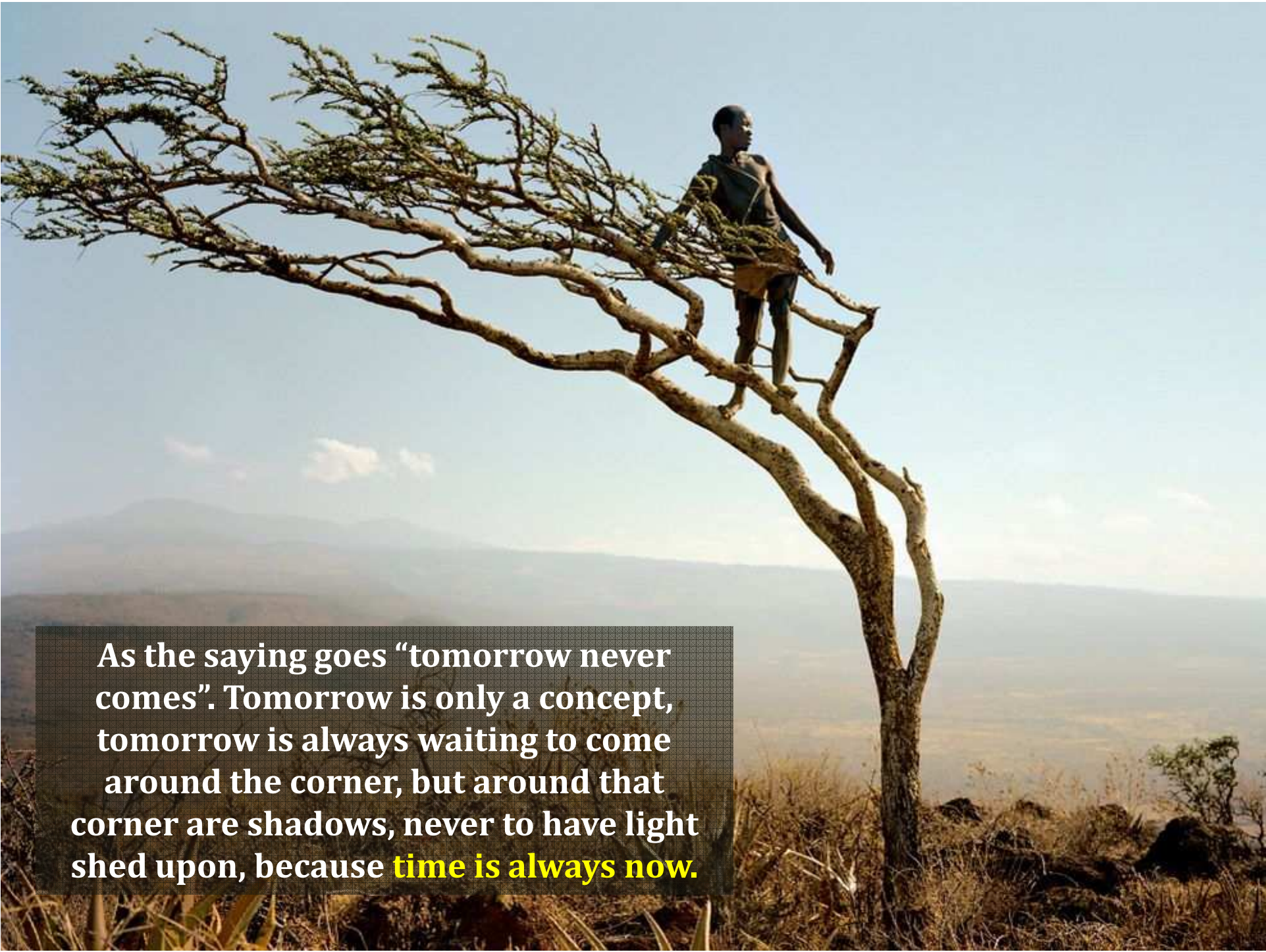




**If you're living in the present,  
you're living in acceptance.  
You're accepting life as it is  
now, **not as how you wish it  
would have been.****



When you're living in acceptance, you realize **everything is complete as it is.** You can forgive yourself for the mistakes you've made, and you can have peace in your heart knowing that everything that should happen will.

A photograph of a person standing on a high, horizontal branch of a tree. The tree is leaning to the left. The person is looking out over a vast, hazy landscape with mountains in the distance. The sky is clear and blue. The foreground shows dry grass and some small plants.

As the saying goes “tomorrow never comes”. Tomorrow is only a concept, tomorrow is always waiting to come around the corner, but around that corner are shadows, never to have light shed upon, because **time is always now.**

A misty landscape at sunrise or sunset. A windmill is visible on the left, and a person is walking in the distance. The sky is a warm orange color, and the sun is a bright yellow circle on the right.

Beginning today **I will no longer worry about tomorrow.**  
Tomorrow will always be there,  
waiting for me to make the  
most of it. But I cannot make  
the most of tomorrow without  
first making the most of today.

Beginning today **I will no longer worry about yesterday.**

It is in the past and the past will never change. Only I can change by choosing to do so.



Beginning today **I will look in the mirror and I will see a person worthy of my respect and admiration.** This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.



Beginning today **I will cherish each moment of my life.** I value the gift bestowed upon me in this world and I will unselfishly share this gift with others.



Beginning today I will take a moment **to step off the beaten path and to revel in the mysteries I encounter.** I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self- improvement.

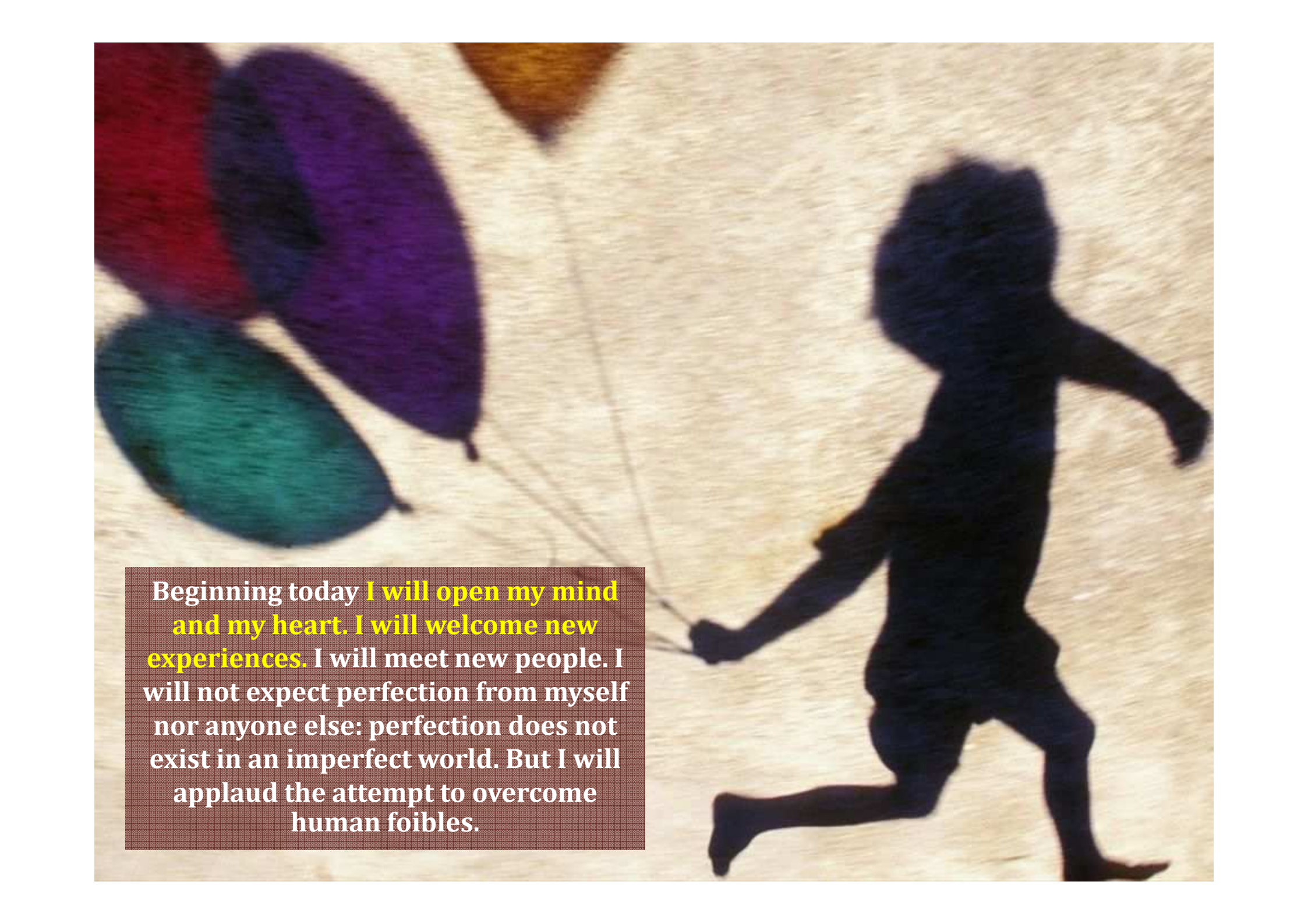


Beginning today **I will take life  
one day at a time, one step at a time.**  
Discouragement will not be allowed to  
taint my positive self-image, my desire  
to succeed or my capacity to love.



Beginning **today I walk with renewed faith  
in human kindness.** Regardless of what  
has gone before. I believe there is hope  
for a brighter and better future.



A photograph of a child's shadow running across a light-colored, textured surface. The shadow is dark and elongated, with arms and legs in a running pose. In the upper left, there are three large, colorful balloons: a red one, a purple one, and a green one. Thin strings connect the balloons to the child's shadow. The overall scene suggests a child chasing or running towards something joyful and new.

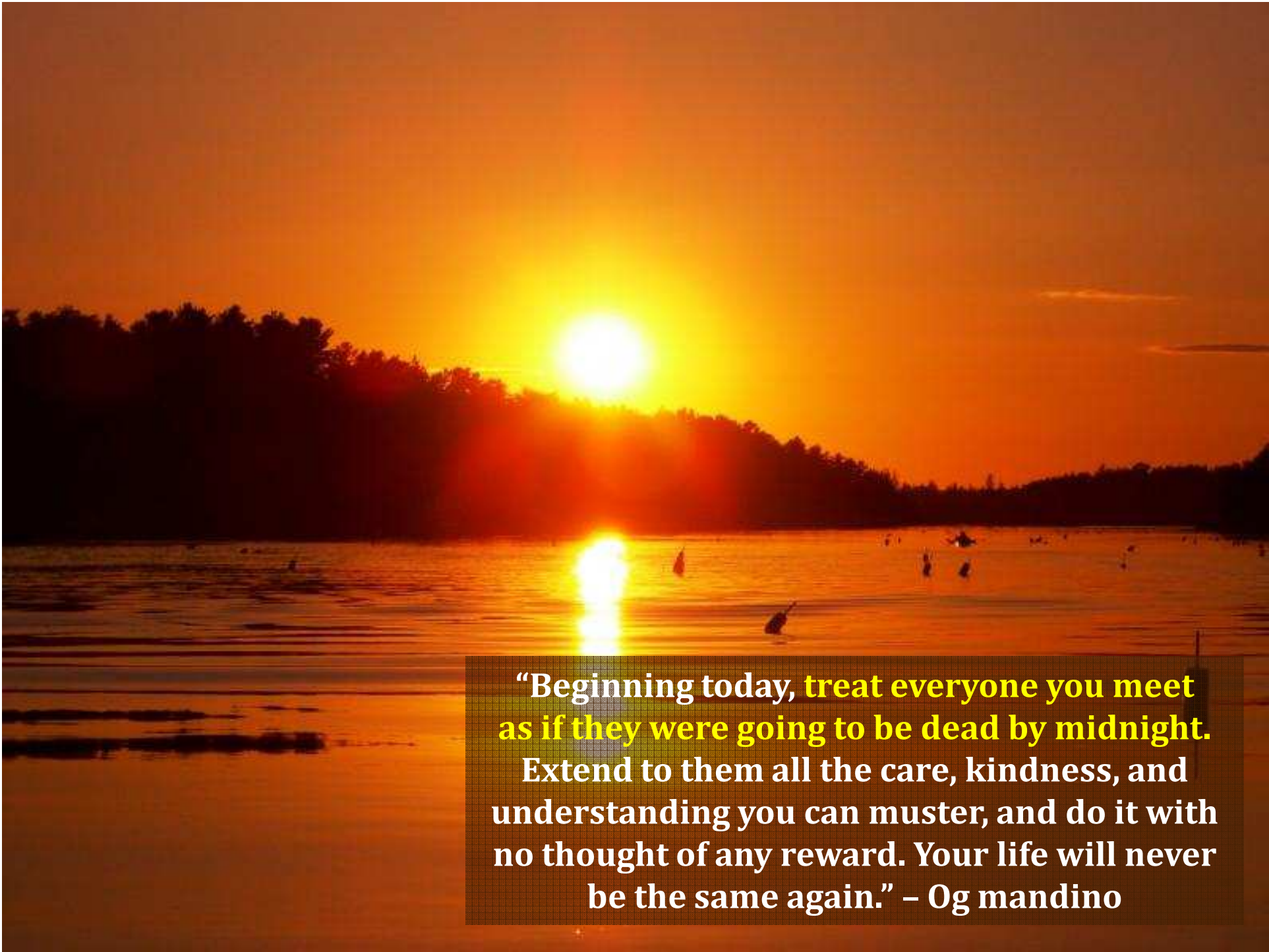
Beginning today **I will open my mind  
and my heart. I will welcome new  
experiences.** I will meet new people. I  
will not expect perfection from myself  
nor anyone else: perfection does not  
exist in an imperfect world. But I will  
applaud the attempt to overcome  
human foibles.



Beginning today **I am responsible for my own happiness and I will do things that make me happy...** admire the beautiful wonders of nature, listen to my favorite music, pet a kitten or a puppy, soak in a bubble bath... Pleasure can be found in the most simple of gestures.

Beginning today **I will learn something new; I will try something different;** I will savor all the various flavors life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be.





**“Beginning today, **treat everyone you meet as if they were going to be dead by midnight.** Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.” – Og mandino**

**"Live this day as if it will be your last.** Remember that you will only find "tomorrow" on the calendars of fools. Forget yesterday's defeats and ignore the problems of tomorrow. This is it. Doomsday. All you have. Make it the best day of your year. The saddest words you can ever utter are, "If I had my life to live over again." Take the baton, now. Run with it! **This is your day!** – Og Mandino



If you want to change your life,  
the only place you can do it is  
in the present. **Beginning  
Your Life Today, And  
Everyday!!!**

**Thank You Very Much  
Sompong Yusoonorn**

