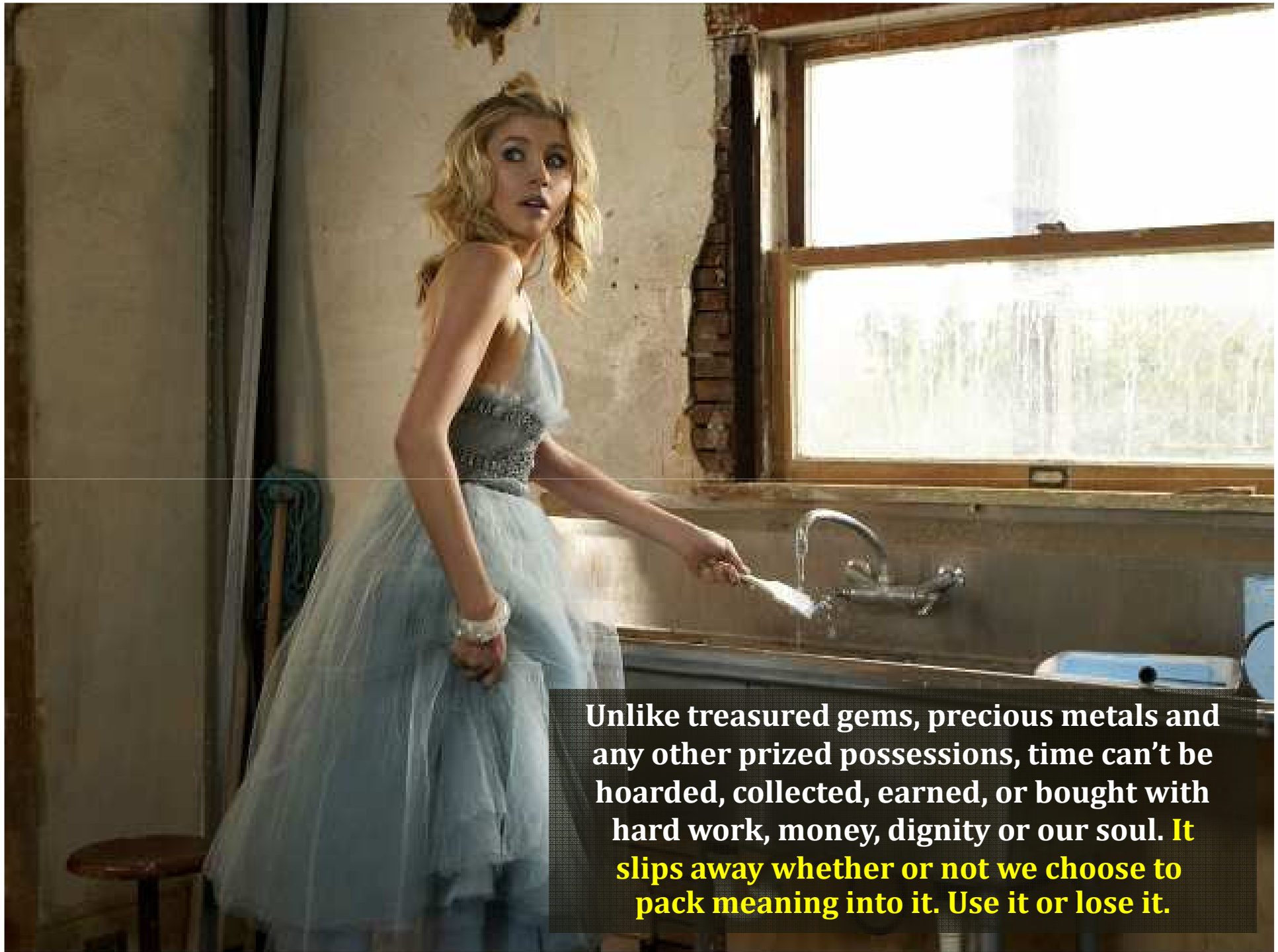




I Always Take Time

“How we spend **our days** is, of course, how we spend our lives.” ~Annie Dillard





Unlike treasured gems, precious metals and any other prized possessions, time can't be hoarded, collected, earned, or bought with hard work, money, dignity or our soul. **It slips away whether or not we choose to pack meaning into it. Use it or lose it.**

It's true: each one of us has exactly 24 hours to fill every day and we have the ability to create our lives **as we visualize them.**



Though we all know how limited our lives are in the time-space continuum, **we sometimes act like we don't know the value of time.** We use words like spend, kill or waste when we speak of how we while away the finite number of hours in each day.



Time. Like all the treasures in the world, we can't take it with us when **we reach our final stop.**



Some among us may never be willing
to **embrace happiness** in and with
the time that we do have.



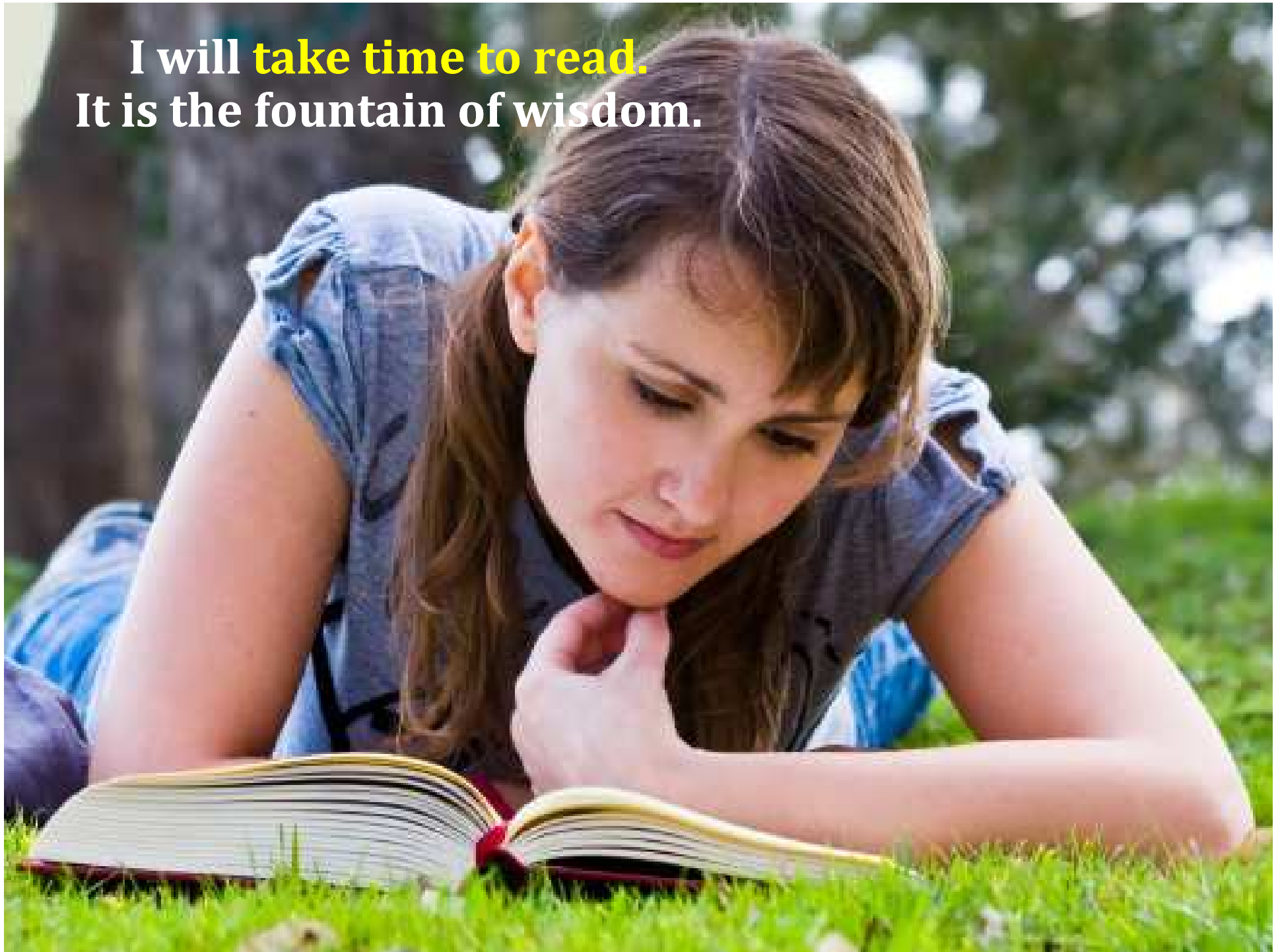
However, we always have a time for everything. From now on I promise to myself that **I will take time to do whatever matters most to my life:**



A black and white photograph of a woman from the chest up, seen from the side and slightly from behind. She is looking back over her right shoulder towards the camera. Her right hand is raised, with fingers interlaced, resting on top of her head. Her hair is dark and appears to be blowing or tousled. The background is bright and out of focus, showing vertical lines that could be curtains or a window. The lighting is dramatic, with strong highlights and shadows.

I will **take time to think.**
It is the source of all power.

I will **take time to read.**
It is the fountain of wisdom.



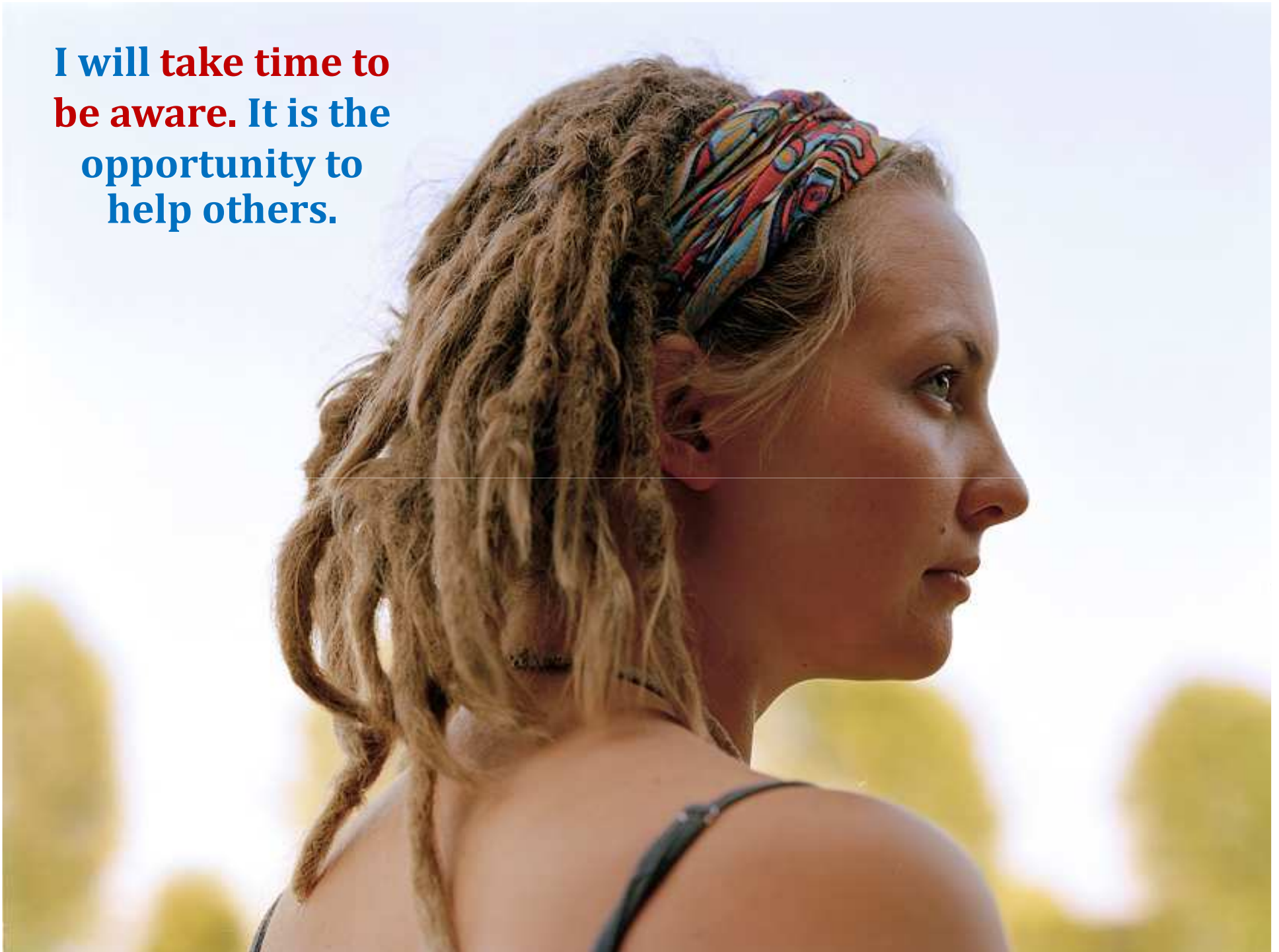


I will **take time to play**. It is the
source of perpetual youth.

**I will take time to
be quiet. It is the
opportunity to
seek God.**



**I will take time to
be aware. It is the
opportunity to
help others.**



I will **take time**
to love and be
loved. It is God's
greatest gift.



I will **take time to laugh.**
It is the music of the soul.





I will **take time to be friendly.**
It is the road to happiness.

I will **take time to dream.** It is
what the future is made of.



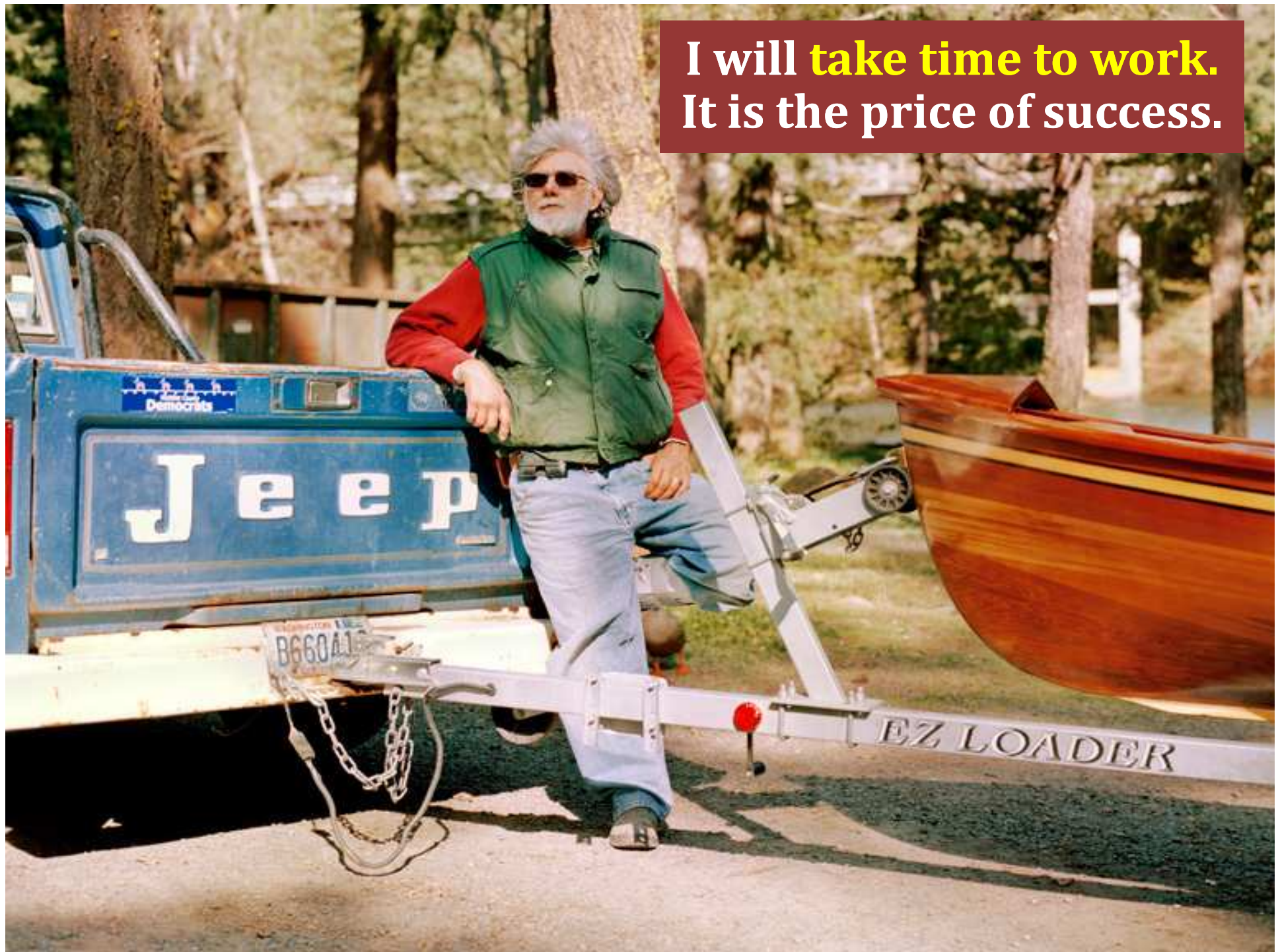
I will **take time to pray.** It is
the greatest power on earth.

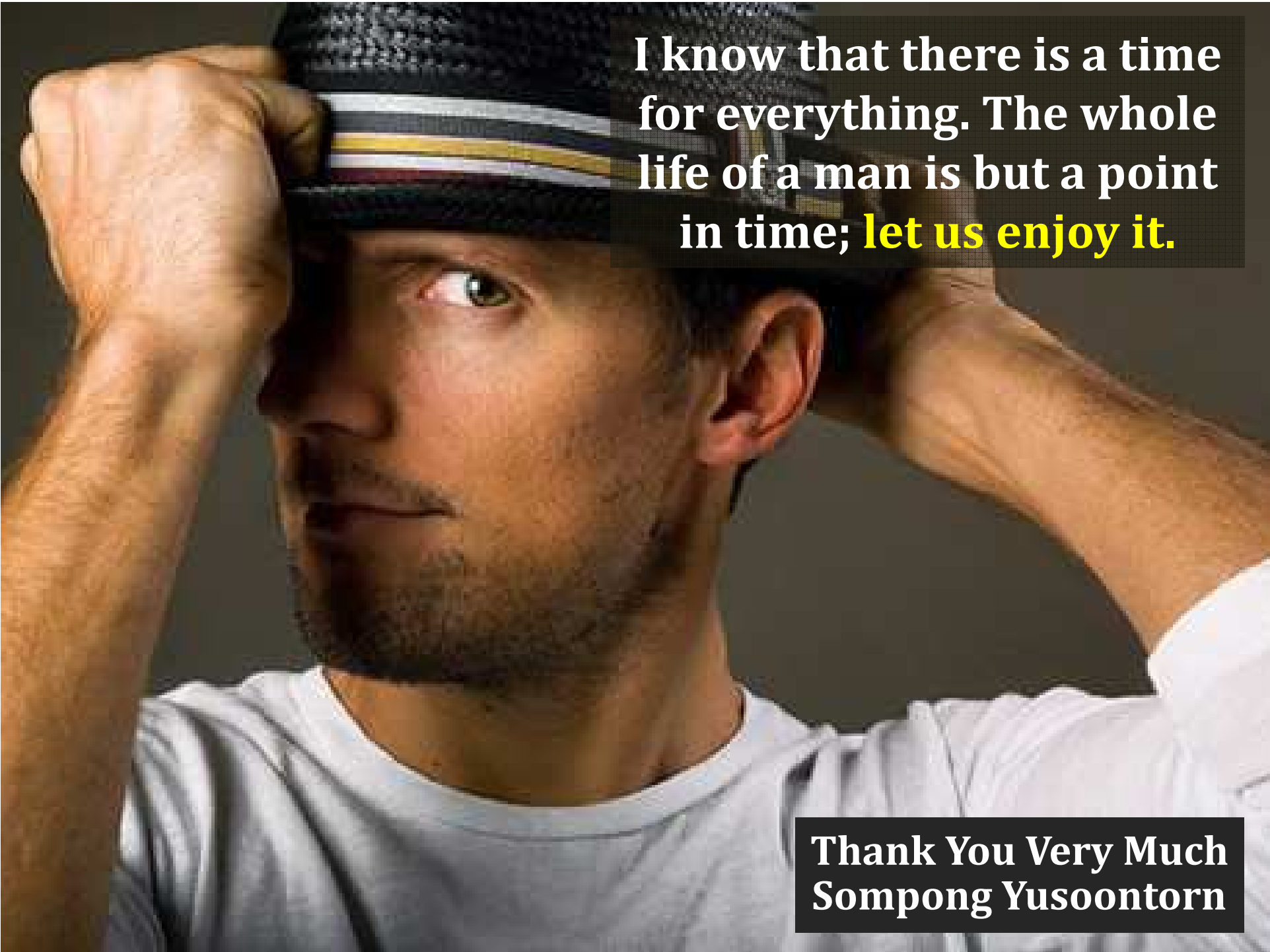


I will **take time to give**. It is
too short a day to be selfish.



I will **take time to work.**
It is the price of success.



A close-up photograph of a man with a beard and mustache, wearing a light blue t-shirt and a dark cap with a yellow and white striped band. He is adjusting the cap with both hands. The background is dark and out of focus.

**I know that there is a time
for everything. The whole
life of a man is but a point
in time; **let us enjoy it.****

**Thank You Very Much
Sompong Yusoontorn**