



The First Day

by Ann McGill – Potentialist

The big, brightly colored poster hung on the wall across from my desk for a full year before it's message broke through to consciousness. It said, ***"Today is the First Day of the Rest of Your Life!"***

I heard myself sigh a big "Wow!" as it dawned on me ... "It doesn't matter how I got here, who did what to me, all that's important now is what I do next."

That was the beginning of letting go of the blame that had long been holding me back. From that moment forward I concentrated on focusing my attention on what it was I could do to create a far more satisfying future. It was up to me, no one else.

Since today is the first day of the rest of YOUR life too, it's natural to wanna ask: -- If you could start all over again, in this moment ... *which is actually what is always happening* ... how would your thinking and actions change? What might happen if you let go of all blame and took 100% responsibility from this moment forward?

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