“Look at everything as though you were seeing it either for the first or last time.”

~~ Betty Smith, A Tree Grows in Brooklyn

Imagine, if you will, that you only have a short time left to live. How would you spend your time?

The answers can open your eyes to what is truly important to you. Instead of waiting to take action, you would look for opportunities everyday to do those things that bring you joy and enrich your daily experience. Why not live with that kind of attitude today?

If you truly look at everything you see, you may find wonder and beauty in unexpected places. If you truly listen to everything you hear, you may find sounds that will delight your soul. If you truly speak with kindness and selflessness, you may receive a reflection of gratitude that will light up your day. If you truly touch your loved ones with a delicate embrace, you may experience a warm glow in your heart.

Many of us put things on hold. We say “I’ll do it tomorrow or next week or next month.” Do not wait to show someone you care or to express your love. Tomorrow may prove to be too late. **Today** is when all the good and important stuff happens.

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EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

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