

Be committed to keeping your personal and professional life in balance

Starting today – will you ‘pick more daisies’?

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It is so important to be living in prime time, rather than watching TV in prime time. On your way to success make certain you grow friendships, not just bank and mutual fund accounts. Life is a collection of memories, not of material things. The Egyptian pharaohs were buried with all their treasures, and were mummified in hopes that they could enjoy their bounty in the next life. But we are only caretakers of possessions. There is a big difference between standard of living and quality of life.

Standard of living is based on income earned. Quality of life is the enjoyment of the millions of minutes in between accomplishments.

Having money is only one aspect of wealth. To the sick person, wealth is health. To the lonely person, wealth is someone to talk to and share with. To the estranged person, wealth is hearing words of love and forgiveness.

Borrowing the free verse style from Brother Jeremiah's classic poem, I'd Pick More Daisies, here are a few things I'd do, the second time around.

I'd laugh at my misfortunes more. Spend more time counting my blessings than my blemishes. Spend more time playing with my children and grandchildren and less time watching performers in the arena. More

time enjoying what I have, less time thinking about the things I don't have. If I could live my life again, I'd walk in the rain more without an umbrella and listen less to weather reports. I'd spend more time looking at trees and climbing them, less time flipping through magazines made from dead trees. I'd spend more time fully involved in the present moment, less time remembering and anticipating. I'd smile more, frown less.

And most of all I'd be more spontaneous and active, less hesitant and subdued.

When some spur of the moment idea came up to go hiking, playing Frisbee, coloring Easter eggs, singing in a chorus, going kayaking, or watching an eclipse, I'd be less likely to sit in my chair objecting, "It's not in our plan."

I'd be inclined to jump up and run out the door next time and say, "Yes, we can!" Although I can't live my life again, I'm still going to live the new way every day any way. I'll never have all the moments I've missed, but I do have all the time remaining.

Action Idea – Choose one activity this month that you really want to engage in, but that you have been putting off because it isn't a priority. Schedule that activity in your planner, as if it were a "must do" business or financial commitment. When you have done it, while you are still feeling good, schedule one for next month, and do it as long as you live.



Denis Waitley is one of America's most respected and beloved authors, keynote lecturers and productivity consultants on high performance human achievement. He has inspired, informed, challenged and entertained audiences for over 25 years from the boardrooms of multi-national corporations to the control rooms of NASA's space program. Denis has been voted business speaker of the year by the Sales and Marketing Executives' Association and by Toastmasters' International and inducted into the International Speakers' Hall of Fame.

With over 10 million audio programs sold in 14 languages, Denis Waitley's CD album, *The Psychology of Winning*, is still the all-time best selling program on self-mastery. To order this Best-Seller or his newest release, *The Platinum Collection* and to subscribe to the free Denis Waitley Weekly E-zine visit his website here: DenisWaitley.com