

Personal Best

I just wanted to share an experience with you. When I wake up in the morning I decide how my day is going to go. I have the ability to adjust my attitude and go for it. I want you to know that it starts with being accountable for all my actions and words the day before and in the past. I know I can't control the people around me and the way they will react. I can only be responsible for me. The last week has been the best week of my life. That is a bold statement! Professionally, Emotionally, Spiritually, and Mentally. I have lived at my Personal Best. I am excited for what the future brings but most importantly I am excited about today and living in the moment. I have one question for you. What kind of day are you going to have?