

The Present

Imagine there is a bank that credits your account each morning with £86,400!

It carries over no balance from day to day

Every evening the Bank deletes whatever part of the balance you failed to use during the day....So, what would you do?

Draw out every day of course!

Each of us has such a balance....It's name is TIME

Every morning, it credits you with £86,400 SECONDS

Every night it writes off as lost, whatever of this you have failed to invest to good purpose...It carries over no balance...it allows no overdraft

Every day it opens a new account for you... Each night it burns the remains of the day... If you fail to use the day's deposits – the loss is yours

There is no going back... There is no drawing against tomorrow...

You must live in the present on today's deposits

Invest it, so as to get from it the utmost in health, happiness and success

The clock is running... Make the most of today...

To realise the value of one year, ask a student, who failed to pass an exam

To realise the value of one month, ask the mother, who gave birth to a premature baby

To realise the value of one week, ask the editor, of a weekly newspaper

To realise the value of one hour, ask the lovers, who are waiting to meet

To realise the value of one minute, ask the person, who missed the train

To realise the value of one second, ask the person, who just avoided an accident

To realise the value of one milli-second, ask the person, who won the *Silver Medal* at the Olympics

Treasure every moment that you have

And treasure it more, if you have shared it with someone special enough to share your time

Remember that TIME waits for no-one

Yesterday is history...

Tomorrow is mystery

Today is a gift – that is why it is called THE PRESENT

DO IT NOW!

From your speaker, coach and friend
Eilidh x