

#3 Today's Health Gives Me Strength

Daily Dozen Decisions

1961	Thinking
1964	Attitude
1964	Faith
1965	Relationships
1970	Values
1970	Generosity
1971	Priorities
1974	Growth
1975	Commitment
1985	Finances
1986	Family
1998	Health

Making the Right Decisions Early in Life, then Managing Those Decisions the Rest of Your Life, is the Key to a Successful Life.

Let me share with you a couple of observations concerning my “sin” of not keeping this commitment 100%.

- 1. My everyday commitment to diet and exercise was the key to my success.** For me, my slide went from everyday, to most days, to some days. I ignored my own teaching that Today Matters. When enough “todays” are neglected, in any area of the daily dozen, “someday” soon it will show up.
- 2. Once my 100% commitment was lessened, it has been very difficult for me to return to that level of commitment.** I’m at the 80% level, but that is not enough. Dr. Marshall is a wonderful doctor and friend and has begun to do some “butt-kicking” with me. I am determined to get to the 90% level where he wants me to be...but it is not easy!

#3 Today's Health Gives Me Strength...continued

My Reflection Today

Out of the daily dozen decisions and disciplines, I have less “feel good” in this area. Why? Because I know that successful people make their major decisions early and manage them daily. I have fallen short in both of these areas. But, I am determined to do better! Perhaps you have fallen short in one of the areas I have discussed so far. Certainly, before we finish learning about the daily dozen there will be a few areas for improvement. You will also, like me, experience less “feel good” in these areas. Don't be discouraged and don't give up. These words are not my own, but they were written for you and me at times like this:

*Though you cannot go back and make a brand new start, my friend,
You can start now, and make a brand new end!*