Volume 11, Issue 02: Win The Day

As I consider going after my goals this year, I realize once again that the best bet in succeeding is setting out to win *today*....every day. Goal attainment isn't a sprint, it's a marathon. It is not something we end up with all of a sudden, it is something we work towards. We attain our dreams a day at a time, an action at a time.

If I want to start my days on time to go through each and every item on my calendar unhurried, without skipping some, then I have to get out of bed as soon as my body is awake *today*....ever y day, and go to bed on time
tonight
....every night. If I want to read at least 30 books this year, I need to break that down into a daily habit of reading for at least one hour
today
....every day.

If I want to loose belly fat and have a flat tummy by my next birthday, what holds the key to that becoming a reality is my daily habits with food. The best way to go about it is watch how I eat *to day*
....every day. Rather than counting on getting it right over time, I will consume a prudent diet *today*
....every day. A prudent diet is correct food portions in the correct proportions taken at correct frequencies.

I am applying this principle across the board for all my intentions for 2021. I am setting out to win *today*....every day.

My goals are most likely very different from yours, but what we may have in common is a strong desire to go higher this year. We don't want to just look like we are playing our "A" game, we want to really play our "A" game this year in all spheres of our lives.

In order to attain your goals this year, how can you set out to win *today*.... every day? What

small daily habits can you incorporate in your lifestyle to help you win the day? There are no overnight successes. Let's chip away at our goals
today
....every day, and we will most certainly have the future we want.

For His Glory,

Lillian Chebosi