

## **The Importance of Today!**

Do you know how important today is? The truth is that as I write this I really don't know what day you are going to read it. If you happen to read it on your birthday, or on a special holiday, or on the anniversary of some significant day, you may find it easy to see the importance of this day, but what if it is a seemingly insignificant, ordinary day?

Recently someone sent me an e-mail with a link to a site where you could enter your date of birth and it would tell you how many days old you are. The day I entered the information I was 19,907 days old. I got my calendar out and calculated that on Saturday April 28<sup>th</sup> 2012 I would be 20,000 days old.

### **20,000 Days!**

Perhaps when we have an abundance of anything, one unit of that thing doesn't seem all that important. If you have \$20,000,000.00 is one dollar important? If you have \$20,000.00 is one dollar important? If you have \$10.00 is one dollar important?

We get to choose the value we put on things.

I started to think about 20,000 days and the first feeling I had was one of **gratitude**. When our lives begin we don't know how many days we are going to get but 20,000 is a pretty big number to a child looking forward. We all know friends and family members who were not given the gift of 20,000 days. I am grateful for a large number of days and I am grateful for this day.

We have decided that my 20,000th day will be the first day of a family vacation in the Rocky Mountains near Banff. My wife and I will have all three of our adult children and their significant others with us on a week's holiday. We will be celebrating an upcoming 30<sup>th</sup> Wedding Anniversary (10,950 days) and creating a family event before two members go to spend a year in Asia.

During that week we will be **celebrating!**

This article is not about 20,000 days or 10,950 days, it is about 1 day!

That day is today! Those who know me well know that I usually start my days around 4:00 am. For me it is the time of day when I feel most creative and experience the least amount of distraction. It is early as I write this article so I can report on how the day will be, because it is in the future. I can tell you that I am very excited to see how it plays out.

I can report on yesterday. Many amazing things happened. Some were brilliant and some not so brilliant but at the end of the day I was pretty appreciative of the fact I got to live it. I was also pretty tired. One extraordinary thing was the chance that Shelley MacDougall and I had to do a "Conversation with the Masters" interview in the Extraordinary Leader Program with Raul Saad, General Manager of the Peirremont Oaks Tennis Club in Shreveport Louisiana. In addition to being a Club Manager, Raul is a former Professional Tennis Player and former Coach of the U.S. Tennis Team. Raul told us about many attributes of the top tennis players in the world. The one that relates to my topic today is that top players have the ability to be focus intently on the moment

they are in. They are focused on the current shot, not what has happened so far in the match or focused on the result of the match. To them the moment they are in is everything.

The mindset of a high performing athlete can be translated to the mindset of high performing leader and a person living a high performing life.

One single day may seem insignificant. One single shot in a tennis match might seem insignificant. Maybe the champions are the ones who see significance in every shot.

This day is important!

Did you start it with intention? Did you start it with the thought that it was a gift and you were excited to unwrap it or was it just another day? We don't have control of everything that happens in a day but we do have the opportunity to plan it and create moments that will make it enjoyable and special. We can plan things that will make a difference in our lives and the lives of others! We can put little things we enjoy into our day. We can reach out and connect with the important people in our lives.

Perhaps one of the biggest things we can do is switch our thinking away from the idea that this is just another day of doing the same things we do every other day. Not today! This is an important day!

Here are some ideas to make any day better!

- Be grateful to have it
- See it as a gift and a resource
- Have a powerful routine
- Break away from routines that aren't serving you or are boring
- Put things you love to do into every day
- Spend as little time as possible focused on problems, worries and pains
- Spend as much time as possible focused on opportunity and gratitude
- Take care of yourself
- Take care of others
- Make a difference in someone else's life
- Decide to be the person you choose to be
- Have some quiet time
- Get support to build on your strengths
- Get support to minimize your weaknesses
- Decide!
- Do something to improve the day of someone close to you
- Be thankful for the day you had and everything in it

May you have many thousand more Extraordinary Days!