

The Gift of LIFE

“Just to live is holy.” –Rabbi Abraham Heschel

Mission: To love and be loved.

Motto: “*Carpe Diem*” – Seize the day

<p>Body</p> <ul style="list-style-type: none"> ▪ 10,000 Steps Daily (5x/week) ▪ Maintain daily ritual of flossing, vitamins, etc. ▪ Massage – Minimum 2x/month ▪ Ideal weight: 000# 	<p>Spirit</p> <ul style="list-style-type: none"> ▪ Write 5 gratitudes /day (35/week) ▪ Prayer ▪ Connect with Friends: “Friend-A-Day” ▪ Give grief journals ▪ Honor the memory of my ancestors
<p>Career</p> <ul style="list-style-type: none"> ▪ \$000,000 in 20XX – “Effortlessly” ▪ Portable to Hawaii (or anywhere). ▪ “<i>You’re young forever when you write.</i>” – Mel Brooks at 80 ▪ Work only with/for people I love and respect. 	<p>Marriage</p> <ul style="list-style-type: none"> ▪ <i>Soulmates, Best Friends, Life Partners</i> ▪ Help Susan recover from Mark’s illness. May be a LONG recovery. ▪ Activities Susan will enjoy ▪ Enjoy our home together ▪ Tahiti cruise [date]
<p>Financial</p> <ul style="list-style-type: none"> ▪ Continuously improve net worth. ▪ Maintain present standard of living, or BETTER. 	<p>Mind</p> <ul style="list-style-type: none"> ▪ Read on treadmill ▪ One class/course per month [List courses here.]
<p>FUN/Play</p> <ul style="list-style-type: none"> ▪ Photography, Quotes, Cartoons, Letters ▪ Write or journal 5 minutes every day ▪ Delicious coffee. ▪ Re-certify on SCUBA [Summer 20xx] 	<p>Family</p> <ul style="list-style-type: none"> ▪ Weekly call to son and daughter. ▪ Help Father with late-stage life issues. ▪ Help Mark through his illness, and to support himself.
<p>The Unexpected GOOD</p> <ul style="list-style-type: none"> ▪ I am always open to gifts, blessings, and miracles from all directions. 	<p>Physical Space (Home and Office) Surround myself with beauty: art, books, family photos, furniture . . .</p>

“Within the great distress of life, a true master remains at ease.” ~ Awa Kenzo

“ . . . living is struggle. . . every good and excellent thing in the world stands moment by moment on the razor edge of danger and must be fought for--whether it’s a field, or a home, or a country.

~ Thornton Wilder, “The Skin of our Teeth”

If we are ever to enjoy life, now is the time -- not tomorrow, nor next year, nor in some future life after we have died. The best preparation for a better life next year is a full, complete, harmonious, joyous life this year. Today should always be our most wonderful day. ~ Thomas Dreier

As a well-spent day brings happy sleep, so a life well used brings happy death. ~ Leonardo DaVinci