

INTRODUCTION

What is success? Some say it is achieving financial wealth. Others argue it is the fulfillment of our goals, whatever they may be. Yet some believe it is rather like finding inner peace, this quieting of the soul that comes when you know you are on the right path.

Whatever success means to you, there is only one way to achieve it: One day at a time. There are good days and there are bad days and success can be measured on a day-by-day basis.

We can look back and say, yes I have achieved my goals in certain areas but it's difficult to be fully satisfied because living is done now and into the future. We can rarely go back and fix or change things that have occurred, but we can shape our current reality and adjust our forward motion.

I sincerely believe that I am not the sum total of my past actions, behaviours and circumstances. I am influenced and affected by some of these factors, but I realize where I am today, and I make decisions based on today's reality.

Success One Day at a Time is meant to be a helper. Day after day, it is meant to help guide and motivate you to achieving your ideal reality in a way that is meant to last, and in a way that can be shared.

There is something really tricky about success. You can't just have success for yourself. Success is fundamentally not an egoistic pursuit. It has to be shared. The happiest people on earth are successful for and with others. The greatest degree of shared success and happiness is the goal.

When I was younger, I wanted to have an edge. I wanted to acquire that edge that would allow me to achieve unusual success. I did acquire it. But it was bittersweet. Until I realized that acquiring wealth, personal possessions and credentials was empty without including others.

So I offer you here my thoughts and experience. May these help you on your way to success!

JANUARY 1

THE DAWN OF A NEW YEAR

Now is the dawn of a new year
A new year stands before me
Like a mighty and beautiful oak

Now is a new opportunity
To do what I've always wanted to do
To become what I've always dreamed of becoming

Now is a new life
A life filled with love and pride

Now is the time to choose my way
As a being who has traveled far
To find a port, to weigh anchor

Now is the beginning of a wonderful adventure
Now I am ready to embrace the year ahead

ACHIEVING MY OBJECTIVES

I start this new day with the resolve to achieve my objectives.

Today, I make a list of my most cherished objectives and I set deadlines for achieving them. As I draw up a list of my objectives, I consider not only my financial and material needs, but my emotional and spiritual objectives as well. I can build a life of quality. I know that I can achieve the objectives I have set for myself in all aspects of my life.

I am happy to be alive and to be able to look at my objectives and priorities. I know that as I do so, I am influencing my tomorrows.

By setting my objectives for the years to come, I am consciously embarking on my journey into the future and I am totally responsible for what it will hold.
