

Starting Today

The Genesis of a Renewed Self



Starting today I set yesterday down.
I have carried it long enough.
I will keep what it taught me,
and stop borrowing fears from tomorrow.

Starting today I will greet the morning with optimism.
I will think of what I can accomplish today,
and not about all the tasks that will not be completed today.
I am blessed that I have been given this day.

Starting today I will meet my own eyes in the mirror and be glad of who I find:
someone who will not give up but keep moving forwards towards happiness.

Starting today I will begin with a promise small enough to keep.
Make the call. Open the book.
Put the first honest hour into something I keep saying matters.

Starting today I will begin to set goals.
Clear and actionable goal setting will be the cornerstone of my success.
By envisioning my future achievements, embracing my future challenges,
my mind will overcome societal and personal limitations.

Starting today I will view my Adversity, not as a barrier but rather being what
will strengthen my resolve and leads to my exponential growth.
When my plans come apart, I will look again, change direction, ask for help,
and keep going, to reach my goals in life.





Starting today I will write my goals down, aligned with personal values and coupled with determination.

My goals will act as a guiding force for achieving both tangible milestones and intangible self-improvements.

Real-life examples and analogies emphasize that success is not just about reaching goals but also about transforming one's mindset and habits to unlock latent potential.

Starting today I will choose a place to start:
one task finished, one habit practiced,
one difficult conversation I have stopped putting off.

Starting today I will call someone just to hear their voice,
let them finish the story, and remember what they said.
When I can ease a little of their burden, I will.
And when someone reaches out to me, I will practice letting them.

Starting today I will expect the best from people and forgive them the rest.
I will say the good thing out loud. Everyone is fighting their own quiet battles.

Starting today I will leave an afternoon unplanned,
follow a street I have never walked, and learn that I am independent,
and that I should use that independence at times.

Starting today I will make room for ordinary comforts:
a favorite song filling the room, my daughter's kitten,
the old stuffed animal that still fits beneath my arm, and a long soak in a bubble bath.
The true flavor of life can be felt in many ways.

Starting today I will not be afraid to be happy, to enjoy what is beautiful, to love,
and to believe that those I love, love me.

Starting today. And again tomorrow.

