

MINDSET MONTHLY

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"YOUR **FUTURE** IS CREATED BY WHAT
YOU DO **TODAY**
NOT **TOMORROW**"

Tomorrow Begins Today

By Dr Lynda Wee

Often, we are either pre-occupied with reminiscing our past or planning our future.

1. Past is over-rated

People who had performed well are often filled with pride and naturally so. However, dwelling on one's past success for too long has side effects. It can make us arrogant and complacent.

On the other hand, people who encountered failure and rejection in their past may be crippled by the brutality of setbacks. If they keep playing these negative experiences in their minds, they may lack the courage to try again.

Our past is gone. It has vanished beyond our control. We cannot go back to yesterday because the door to the past is closed forever. As John Maxwell would put it, "yesterday ended last night". There is no point in dwelling on it. Do not let yesterday take up too much of today.

Our past provides an excellent source of learning and inspiration when we connect the dots. Hindsight is always easier than foresight. Reflecting on what went well, what could be better, we can gain deep insights to innovate and transform our next steps. Learn from our past.

2. Future is over-rated

Do a quick straw poll on people's outlook of their lives for the next 2 years. Most would expect better days ahead with better lives, better jobs and better pay.

The truth is tomorrow is not here yet. For some, it may never come. It is beyond our control too. We do not wake up to the sound of the alarm clock every morning on our own efforts but it is with God's grace that we rise. If you do not believe it, try putting an alarm clock next to a dead person. Life is full of uncertainty. We can

plan for all we want but we do not know when we will run out of time. Planning is great but being able to act on our plans is greater! We cannot jump into tomorrow until we have gone through today.

3. Today is under-rated

Today is where we are at currently. Today is what we have so we must work on it. Today matters. If we live our today to the fullest by identifying, making and acting on our right decisions, it would shape our tomorrow. Waste not today, for tomorrow begins today.

List down key decisions that would affect our future and make them today. Next, act on these decisions relentlessly to achieve results.

*"Yesterday is history,
tomorrow is a mystery
and today is a gift, that is why
it is called the present."*

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