8 KEYS OF EXCELLENCE

THIS IS IT!
Make the most of every moment—focus on NOW and keep a positive attitude.

Each moment, each task, counts. The amount of attention you pay to now determines the quality of your tomorrow.

This Is It! means focusing your attention on the present, maintaining a positive attitude, and giving each task your best effort. Making the most of each moment can make each day exciting, productive and fulfilling, but it takes some effort. Life is full of distractions. When they come, sweep them away and jump back into the present moment with a This Is It! attitude. When you have this attitude, you make the present IT—and you often discover joyful moments you missed before.

Don’t miss "the best time of your life"

Many people have trouble living in the now. They’re always focused on what’s down the road or around the corner—kids in elementary school can’t wait to get into middle school, those in middle school look forward to being in high school, etc.—and while they’re daydreaming about their next step they’re missing where they are now!

Are you always looking toward next week, next month, or next year—and while you’re looking ahead you’re letting the present moment slip away unnoticed? We all struggle with this tendency. We get bored, distracted, anxious. We fall victim to the “grass is greener” syndrome, thinking that what’s coming has to be better than what’s here. We’re always looking ahead for something more exciting. But when we do this, we pay a price. We miss out on the only part of our lives where we can actually make a difference, the only part of our lives where we actually live—now, this moment.

Sometimes older people notice someone younger flitting from one activity to the next, all the time wishing they could be doing something else. Some of these older observers say something—to their grandchildren or others—along the lines of “You know this is the best time of your life, don’t you?” The young people who actually hear these words often realize they’ve been told something very valuable. They think about how much they actually do have right now, but won’t always have. They see that they’re wishing it all away and won’t
ever get it back. Be careful not to wish away those "best times of your life." Live in the now, not in the future.

Each moment contains magical opportunities

The only moment that counts is the one that's already in your hands. This Is It! When you're fully engaged in the now, life is more exciting and fulfilling. You enjoy what you're doing. When you put more into each task you get more out of it, and others do too.

Every moment presents a chance that may never come again, whether it's an opportunity to make a friend or make a difference, do a good job for yourself or for others, say thank you or say sorry. These little magical opportunities can come and go in an instant. You'll miss most of them if you're not living in the moment. And sometimes, when you take your focus off the future and put it back onto the present, you'll find that the things you were daydreaming about are not in some far-off other time, but right there under your nose—the friendship, the fulfillment, those magical feel-good moments.

When you recognize that this moment is IT, you're open to the gifts it has to offer. Some of the best memories of those older people mentioned above are about being fully present in simple moments. They still treasure them—and they don't want us to miss them. They know that little moments contain great magic.

Focus on the NOW and you'll seize those opportunities to learn, love, connect, and transform.

I CHOOSE A POSITIVE ATTITUDE AND FOCUS ON NOW!