Think in Ink About This Is It!

Sometimes we think the grass is always greener elsewhere. What if the greenness of the grass depends on the greatness of the gardener? Maybe the grass is greener where it’s watered.

When we let events dictate how we feel about our life, we are letting ourselves be controlled like a puppet. The concept of "This Is It!" is the concept of altering our attitude to redefine our experiences. It’s the concept of not just "showing up" for life, but showing up with the full intention of living in the present moment, fully experiencing any given situation with passion and vigor. We can adopt an attitude of eagerness, curiosity and fascination in all parts of our life whenever we want to. Why not now? Our attitude impacts every single experience we have.

1. What is something I have experienced this week that I have never done before?
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2. What did I get out of it?
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3. In what way(s) could I have made it more of a "This Is It" moment?
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4. Why is it important for me to "go for it" 100% in my life—to make every moment count?
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