



When we look back on our lives, we see it as a string of events. But Life really isn't those events, as much as it is the string. It's actually what happens in between those events that dictate whether or not those events actually end up happening.

Fill with Planning

This is NOT creating a To Do List. To Do Lists basically are just reminders of things you haven't done yet. This is all about PLANNING; setting dates. I want this event to take place, on this date, in this way; and this is how I'm going to get there. Wishes have a funny way of becoming real moments when you put it that way.

Fill with Cleaning

Clutter has a way of collecting when we're busy with our past moments. There are leftovers, like pots and pans after a good meal. If we don't take the time to "put them away" they can become baggage we have to carry with us into the next moment. It's really important to make the time, if you can't find the time, to take care of this business.

Fill with Growth

Study something; anything. It can be a class, or talking to someone who knows more than you do about something you're interested in. You can do more, when you become more.

Fill with Practice

Don't let the stuff you do get rusty. "If you don't use it, you lose it" or so the saying goes. When things get "slow" just go back to your tried-and-true and practice-practice-practice.

Fill with Rest

There's only so much you can do before you simply run out of steam. No matter who you are, or how well energized you are at the beginning, eventually you're going to hit that "wall" unless you take the time to recharge. "Active resting" is where you literally take the time to take it easy. Just be good to yourself.

Fill with Love

This really is a Life to be enjoyed, Look around for the good stuff. Sunsets are free, so love them. Do something you love to do. Even if you don't get exactly what you're after, enjoy the pursuit.

The time between the moments are really moments themselves. Make the most of them.