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Mommy, it happened again!

my SPARKPEOPLE®

Sunday, October 21, 2012

That was the screech from the nursery that sent me running to my toddler's room 37 years ago. I found her holding back the curtain and excitingly shouting "The sun came back!"

Photos

Such is the wonder of an almost 3 year old who suddenly realizes each day is a new beginning. Today is the first day of the rest of your life is a cliché, but true nonetheless.

What about last week?

Did we make good choices? Did life interfere with our plans?

It really doesn't matter now. Today we begin a new day and new week.

Here's the choice. Look forward with hope and stay on the right track or fall back into old destructive habits. I don't want to retrace my steps and go backwards. I know where that leads and I didn't like it

So, as I watch the sun rise over the lake, I wish you all a good day and the resolve to make it a good week.

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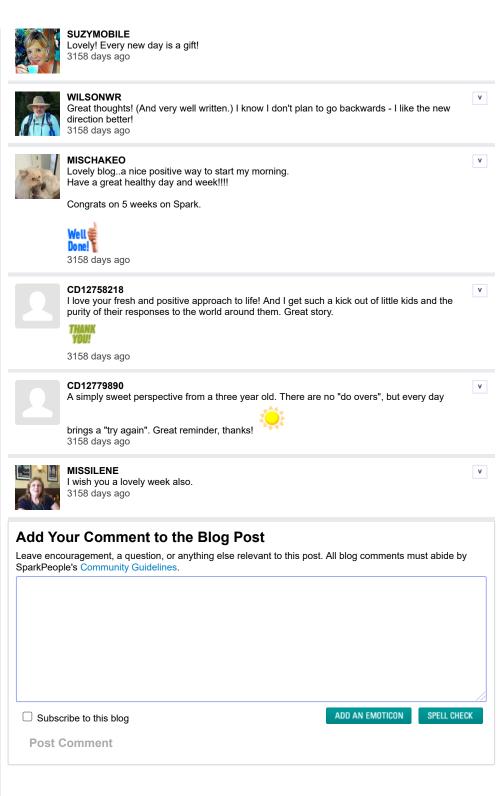
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Good morning to you as well. I missed the sunrise up here in the north country, but your blog is a beautiful reminder that each day is a gift. There is no going backward. 3158 days ago



Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.