



## AT THE END OF THE DAY – by Marney W. DeFoore, LCSW-S

People used to say, “The bottom line is...” Nowadays we hear “At the end of the day...” meaning that for that person the real issue is this or that.

So, what is the real issue of your life? What is the net result of your life today, at the end of the day?

Here is one way of evaluating this. What do you do to and for yourself at the end of each day? And, perhaps more importantly, what do you say to yourself about yourself and the life you are living at the end of each day?

Some people will say:

- I wish I had \_\_\_\_\_
- Why didn't I \_\_\_\_\_
- Why did I \_\_\_\_\_
- If only I could have \_\_\_\_\_

What do you say? If any of the above statements look familiar make a decision and begin saying this at the end of the day each day:

- I can not change yesterday.
- I can not change what has already passed today.
- I say goodbye to yesterday and to the time that has passed today – without shame, without guilt and without regret.
- I can change myself here and now.
- So, moving forward, I commit to \_\_\_\_\_ tomorrow so that at the end of the day I can say to myself, “Job well done!”

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