

A helpful, inspiring guide to making the most of our days.

Food for Thought: Get Your Serving

By Rashun Carter

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RASHUN CARTER

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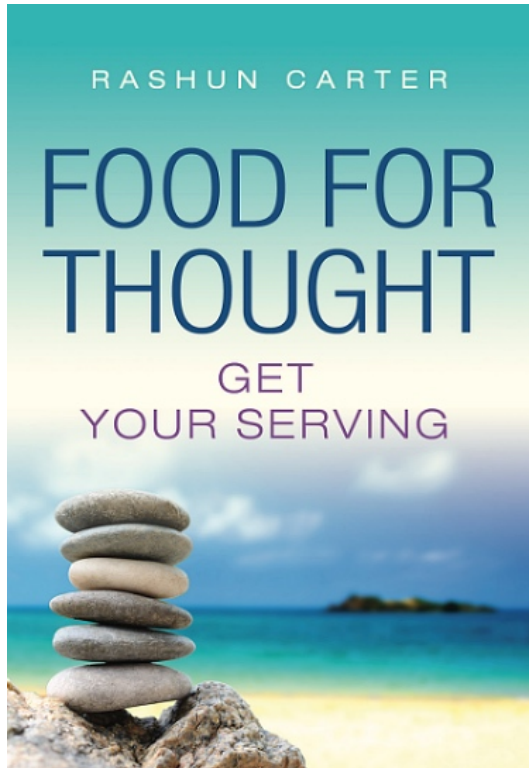
Intro

One thing is for certain: We have one life to live. That being said, we should strive to make the most of the days we have on earth. Have you been making the most of each day, or has negativity clouded your efforts, allowing you to settle for less? If the latter resonates with your situation, you have no reason to feel less of a person. Negative circumstances happen to everybody, and some of those situations have a way of dictating how we view our lives. A very common viewpoint people take is that they are stuck in an endless cycle of routines. Now, routines aren't necessarily a bad thing. In fact, a well-established daily routine can speak volumes about a person's discipline and mindset. Personally, I'm no stranger to routines, though I know some days can be more difficult than others. I think it's safe to assume we've all had mornings when we'd mentally pleaded for just five—or 1,440, in some cases—more minutes of slumber before sluggishly rolling out of bed. Some may hit the snooze button or have multiple alarms set to avoid their personal Armageddon of oversleeping, yet they still manage to get up and get it done... most of the time.

That's not to say all early birds are perfect. Sometimes even they miss out on the proverbial worm. It just so happens some are more disciplined than others. With that in mind, why not direct some of that innate discipline toward making the most of your days?

Now, you may be thinking: ***Well, Rashun, how do we go about doing that? Some of us don't have time to make the most of our days.***

On the contrary, you have more time for this than you may think. Living your life to the fullest is as much an emotional journey as it is a physical one. Sure, vacations and breaks from monotony are great, but wouldn't liberation from a mind that feels stuck in one place be more satisfying? For some, probably not. Daydreaming about lounging on a beach on some tropical island or watching the ocean sail by on a cruise doesn't sound bad at all. Heck, I don't blame them. We're only human! In all seriousness, though, the goal of this book is to enlighten and encourage you to make the most of your days. Some may refer to the text in this book as words of wisdom or inspiration, but I call them food for thought. So, come get your serving.



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