

JUICY

What's juicy about your life?

Is there any things juicy about your life? Why isn't there? When are you going to start? What are you waiting for?

Life is to be lived, enjoyed, and an exciting adventure. If it's not, what haven't you done? It's your life, it's your opportunity. It's all about you. It's your choice.

Juicy is fun, exciting, and energizing. It's empowering. It's enough to get you out of bed and ready to go each morning.

What's juicy to you? Are you doing it? If not, why not? How can you start?

Juicy for me is sailing. I sail when I can; and I schedule it around work, family, and commitments. We all have a lot to do and more than one interest. But, we have to make time for what's juicy to us.

Just two days ago it was a perfect sailing day, and I was due at a meeting at 5 PM. I reviewed the agenda with an eye towards seeing if there was anything I was needed for, anything that I could add value to, and if my attendance was necessary. It wasn't. So, I skipped the meeting and went sailing.

Meetings can be important. Sometimes, there are meetings that have little value for us. Me, I say skip them if something more important comes up. If it were your last week on earth would you be going to the meeting?

What does your calendar tell you? Anything juicy or fun on the schedule? Just the same old meaningless stuff? Well, whose fault is it? Who is going to put something fun on the list if it isn't you? Are you waiting for someone else to do it?

Juicy is not just about time off and playing. It's also about learning new things, helping others, and accomplishing a difficult task. Serving others and making them happy and safe is juicy. Think about those who have helped you and how appreciative you are. Well, others feel that way about you, and it should make you feel juicy.

Juicy is about giving. Think of the times you gave your time and attention to a child. The pay back may well have been just a smile or a look. That's enough.

If you look, you'll find many juicy things in your life. You just have to stop, look, and feel. You'll be surprised.

Do you want to know and appreciate how great your life is? Make a list every morning or evening of all the good things from that day. If you think about it, you'll find a lot of juicy stuff that happened. Reflecting on it will make your day.

It's never too late to start living happily ever after.