



## A New Day

This is the beginning of a new day.

I have been given this day to use as I will.

I can waste it or use it for good, but

what I do today is important,

because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever,

leaving behind in its place something I traded for it.

I want it to be a gain not a loss, good

and not evil;

moving forward, walking towards my goals and priorities, as

well as in alignment with my integrity,

not walking backwards or in the opposite direction of why I am here,

In order that I shall not regret the price I paid for it...

