

***"An unexamined life is not worth living."***

Plato

If I were to give you \$86,400 in cash to spend in one day, what would you do with it? What would you do if I gave you that amount of cash everyday; how would you spend it? Right now you are spending 86,400 of something everyday. Some of you are spending it wisely and some of you are just giving it away and the dreadful thing about all of this is that you can never get it back.

It takes 86,400 seconds to make up a day and most of the time **"you"** are directly responsible as to how those precious moments are being spent. By selecting the best way to utilize your time you can greatly enhance your financial, personal and physical condition.

Unfortunately we all tend to misuse this irreplaceable commodity. We all have it, we all use it and we all can never get it back. So if you can never get it back, don't you think it wise to make the most of it?

As Plato has made so perfectly clear, if our life is to be worth living, we need to examine it in detail and set out to do the best we can with the little time allotted us. We all have a limited quantity granted us, depleting at a constant rate and when we have none left everything else is of no consequence. With that in mind, there is no better time then now to examine your life, establish your goals and design your plan to reach them.

**Remember,**

**TODAY IS THE FIRST DAY  
OF THE REST OF YOUR LIFE,  
*make it a productive one !***

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