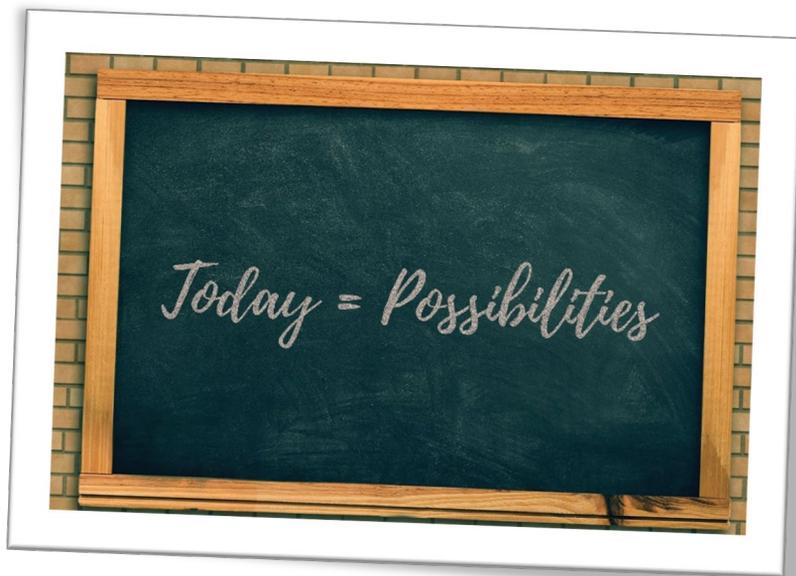


## Live Today Well

By Nefertiti B. Poyner, Ed.D.

I deliver a keynote message which carries this same title. During my keynote address, I try to use humor and practical experiences to help the audience understand the importance of doing what you can with the time you have. Life is ever changing, and sometimes things seem grim. I encourage you to control what you can.



You may wish to start by taking a few of the following suggestions to live today well...

**Live today well by practicing gratitude.** Gratitude begins when you simply take a few moments to reflect on the things you are grateful for. Researchers cite a number of physical and emotional benefits of practicing gratitude. Start by keeping a notebook by your bed. When you start your day, reflect on the things you are grateful for. When you end your day, record a few things you are grateful for. Invite family and friends to join you in this effort.

**Live today well by making sure humor and fun are an everyday part of your life.** There are so many things each day that do not give us reason to smile or laugh. I encourage you to live today well by seeking laughter and creating moments of fun in your life. Make time to watch your favorite sitcom, or read a humorous story. Play a dinner-time game to see who can make the funniest faces. It has been said that "laughter is an instant vacation." Are you ready for a vacation? Then get to smiling and laughing!

**Live today well by nurturing your connections with others.** I often think that we have our priorities all wrong. We spend endless hours at work and in other activities that may not involve those we love and care about most. While I understand the importance of work, I challenge each of us to work to make more time to pour love into our relationships. When was the last time you had lunch with your best friend? When was your last date night? When was the last time you called someone just to say "hello"?

Living today well begins when we recognize that life is fleeting. I hope that these few suggestions will help get you thinking more about the importance of how we use the 1,440 minutes we are given each day.