

WISDOM SESSION

Enjoy the Ride

“Enjoy life. This is not a dress rehearsal.”

Most of the time our bus is going through life but we are blind to the beauty around us. Think about it. The day you die you will still have 30 or 40 unanswered e-mails in your in-box. You'll never get it all done so you might as well relax, take a deep breath, and enjoy the ride.

Have you heard about the study of ninety-five-year olds? They asked a bunch of ninety-five-year-olds if they could do it all over and live their life again what would they do differently. The three things that almost all of them said were:

1. They would reflect more. Enjoy more moments. More sunrises and sunsets. More moments of joy.
2. They would take more risks and chances. Life is too short not to go for it.
3. They would have left a legacy. Something that would live on after they die.

Let's learn from the ninety-five-year-olds. Don't go through life with regrets. Don't be someone who looks back and says I should have done this or that. Live and work like you have nothing to lose and everything to gain.

Act like a kid on Christmas morning that is always optimistic and excited about the gifts you are receiving. Don't be too stressed to feel blessed. Live and work each day with purpose and joy!

- Jon Gordon - *Energy Bus*

“This the day the Lord has made let us rejoice and be glad in it.” —Psalm 118:24

YHTMTG- Yesterday is History, Tomorrow is a Mystery, Today is a Gift
(that's why they call it the PRESENT)

April 5, 2021



David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.