

# e-Thoughts — Every day is a new game

February 2015 Newsletter



*Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.*

Baseball great Bob Feller is quoted as saying “Every day is a new opportunity. You can build on yesterday’s success or put its failures behind and start over again. That’s the way life is, with a new game every day, and that’s the way baseball is.”<sup>1</sup>

I really like his philosophy. It says that each day can be a clean slate. I can pick up where I left off if that’s what I want to do. Or, I can leave the past behind and start fresh.

## Closing out each day

At the end of each day, I take a few minutes to think back over the day. I may have made some mistakes but I’ve probably done some things I’m happy about too. So I don’t beat myself up about my mistakes. Instead I try to focus on lessons I can take away from the day.

How do I identify the lessons? I ask myself what went right and what went wrong. I try to figure out the ingredients of each.

### The questions I pose to myself are:

- **What happened today that I’m happy about or proud of?**  
**What did I do to make it happen?**

— For example, yesterday I helped my neighbor. Her father had just died and she has no close family nearby. She was confused about what needed to be done. I offered to order food and do several things to help her with the funeral plans. I like that I was able to sense her need and jump in (which is sometimes hard for me). I took action and did certain tasks for her. She was very appreciative and I felt very good about what I did.

- **What happened today that I felt bad or mistaken about?**  
**What was my role? What can I do to make sure I don’t repeat those actions?**

— I recently overstepped my boundaries with one of my adult kids. My daughter punished my grandchild in front of me and I spoke up — right then and there — saying she shouldn’t have scolded her little one. That upset my daughter (correctly, as I now realize) and put an icy ending to our visit. Next time I disagree with her parenting, I’ll stay silent. If I really need to comment, I’ll wait for a better time and try to raise the topic in a non-judgmental way. I learned that I really need to be respectful of her role as a mom.

I try to close out each day with thoughts and takeaways like these.

## Ways to start the new day

I’ve closed out yesterday with takeaways so I can wake up today with new expectations. I have lessons under my belt and I almost always feel energized and ready to take on the world.

It’s a good habit to try: closing the book on yesterday and starting a new chapter today. I find it gives me peace, happiness and incentive to make each new day a good one. See how it works for you!

<sup>1</sup>[www.brainyquotes.com](http://www.brainyquotes.com)