



LOOK WELL TO THIS DAY

Look well to this day,
for it is life -
the very best of life.

In its brief course lie all
the realities and truths of existence:
The joy of growth,
The splendor of action,
The glory of power.

For yesterday is but a memory,
and tomorrow is only a vision,
but today, if well-lived, makes
every yesterday a memory of happiness,
and every tomorrow a vision of hope.
Look well, therefore, to this day.

(Ancient Sanskrit Poem)

