

Volume 10, Issue 37: The Last 100 Days

The beginning of this week marked the start of the last 100 days of 2020. When this was brought to my attention, I started thinking of what I can salvage. By this time in the year, there are intentions that we have probably given up living up to this year. But the awareness of a whooping 100 days left in the year brings a sense of motivation that it's not too late to salvage some things.

Are there conversations you intended to have, maybe one off or on a regular basis this year that you haven't gathered the courage or made the time to have? Are there trips you intended to make, places or people you intended to visit that the COVID pandemic prevented you from making and visiting respectively? Are there habits you intended to master or drop that somehow fell through the cracks? Are there disciplines you started at the beginning of the year but didn't follow through with after awhile? If you are anything like me, you have answered 'yes' to some of these questions.

Is there a qualification you intended to get or start pursuing that you put on hold for one reason or another? Are there struggles you would rather conquer this unprecedented year than carry forward to next year? I most certainly have a few of those. This last 100 days' mark gives us an opportunity not to reset the clock, but to salvage a few things and finish the year in a better place than we otherwise would. Let's take a few moments to consider what's important to us, the things that are worth salvaging thus far in the year and give it a try.

There's still enough time to start enjoying your life, to start rewarding yourself, to start eating better, to start exercising, to start a course or earn a qualification, to start praying with your spouse, to start reading books, to start planning for your future, to fight for a relationship worth salvaging. There's still enough time to stop hitting the snooze button, to stop overeating, to stop shouting at your children, to stop taking yourself too seriously, to stop working yourself to the ground, to stop overspending at the expense of your future, to walk away from a wrong relationship.

There's still enough time to dance in the rain. There's still enough time to stop beating yourself up for what went wrong, for the messes you made. There's still enough time to let go of the pain or shame, to accept what you can't fix or change. There's still enough time to give yourself

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permission to fly, or smile. There's still enough time to come out of the furnace of 2020 smelling like a rose. So, will you give it a try? I sure will. I owe it to myself, and so do you.

For His Glory,

Lillian Chebosi