

Girlfriend Wisdom



**The Main Thing is...
To Keep the Main Thing ~
The Main Thing.**

We all have such busy lives today that it is challenging to honor this simple yet very valuable quotation. Everyday I find myself thinking through my *To Do* list. And everyday, at some point, I realize the need to *Reprioritize* the list. Phone calls come in, one task or errand takes longer than planned ~ Life Happens.

But at the end of the day, what did I find to put in my Cedar Chest of Memories? Was I able to keep at least one Thing the Main Thing, or was the day too rushed for me to recognize even one treasure.

Each of us reaches a point in life where we decide what is really important and live from our highest values. Pushing through a day does not allow us to notice gems and treasures in the present moment. When all is said and done, we will remember the moments of love and kindness and all else will fall away.

GIRLFRIEND WISDOM: As you go through your day, taking care of life, keep the Main Thing, the Main Thing. You'll discover the gems in daily life that will bring you more joy, peace of mind, and greater value for your accomplishments. At the close of each day, take a breath, close your eyes, and mentally add those treasured moments that warmed your heart to your Cedar Chest of Memories.

Joy In Your Day, *Jody*

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