ENLIGHTEN EXERCISE #9
Focus on the Now

“Live each day as if it is the last, for one day, it will be.”
Anonymous

1. Multiply your age times 365 days (your age in number of days):

2. Subtract that number from 27,421 days (average life span\(^1\)):

I have about _______________ days left.

3. What can you do today to begin the rest of your lifestyle?

\(^1\)Center for Disease Control estimate of the average life span in the U.S. is 77.9 years (both sexes)