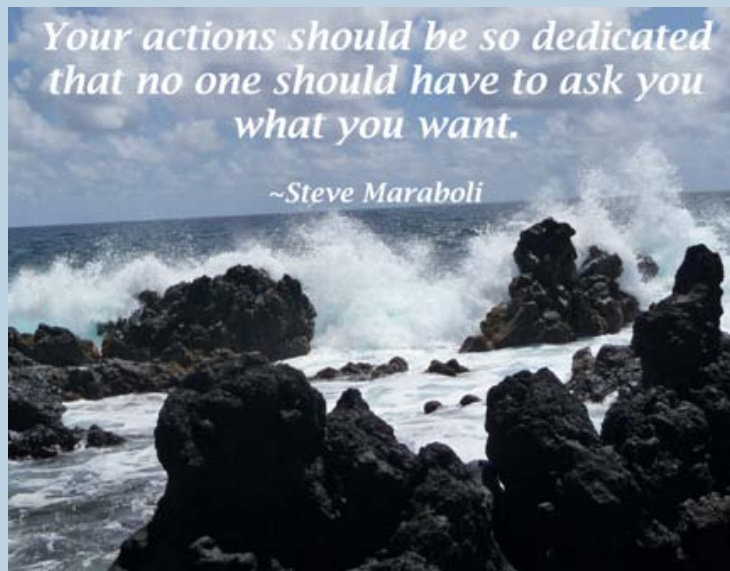




A Better Today, Inc.
"The Empowerment Company"
PO Box 1433
Port Washington, New York 11050
(800) 445-0921

A BETTER TODAY NEWSLETTER

February 2010



Visit our sites:

www.abettertoday.com

www.stevemaraboli.com

www.empoweredlivingradio.com

Why Not You?

Today, many will awaken with a fresh sense of inspiration. Why not you?

Today, many will open their eyes to the beauty that surrounds them. Why not you?

Today, many will choose to leave the ghost of yesterday behind and seize the immeasurable power of today. Why not you?

Today, many will break through the barriers of the past by looking at the blessings of the present. Why not you?

Today, for many the burden of self doubt and insecurity will be lifted by the security and confidence of empowerment. Why not you?

Today, many will rise above their believed limitations and make contact with their powerful innate strength. Why not you?

Today, many will choose to live in such a manner that they will be a positive role model for their children. Why not you?

Today, many will choose to free themselves from the personal imprisonment of their bad habits. Why not you?

Today, many will choose to live free of conditions and rules governing their own happiness. Why not you?

Today, many will find abundance in simplicity. Why not you?

Today, many will be confronted by difficult moral choices and they will choose to do what is right instead of what is beneficial. Why not you?

Today, many will decide to no longer sit back with a victim mentality, but to take charge of their lives and make positive changes. Why not you?

Today, many will take the action necessary to make a difference. Why not you?

Today, many will make the commitment to be a better mother, father, son, daughter, student, teacher, worker, boss, brother, sister, & so much more. Why not you?

Today is a new day!

Many will seize this day.

Many will live it to the fullest.

Why not you?

© Steve Maraboli

If you intend to change,
decide what you want and
live your life accordingly.

-Steve Maraboli

If I Had My Life To Live Over

by Erma Bombeck

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day cause my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television - more while watching life.

I would have shared more of the responsibility carried by my husband.

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you"... more "I'm sorry"... but mostly, given another shot at life, I would seize every minute...look at it and really see it...live it... and never give it back.

This Month's Featured Author

The Power of Gratitude

by Mike Robbins



I've been speaking and writing about gratitude for almost ten years now – and I'm still amazed at how challenging it can be for me to focus on what I'm grateful for at times (especially when I'm feeling sorry for myself or complaining). I'm also blown away by how powerful and transformative gratitude is when we choose to pay attention to it, experience it, and express it.

I met a man recently who had been in prison for almost thirty years. When he was asked what he appreciated most about being out of jail he said, "Seeing the stars, listening to children laugh, and hearing dogs bark." Wow – think of all of the simple things we take for granted that we could choose to be grateful for each day.

What are you grateful for? How often do you ask yourself and others this powerful question? Sadly, many of us don't take the time to ask or answer this question on a regular basis – especially in the midst of these difficult times.

Hopefully, you and your family will spend some time acknowledging what you're grateful for this week on Thanksgiving and over the next few weeks during the holiday season. However, focusing on gratitude is something that we can do all the time, not just on special occasions or during the holidays.

There are many reasons (i.e. excuses) we have for not focusing on what we're grateful for:

- We're too busy and stressed out*
- We're waiting for things to work out "perfectly" (which they almost never do)*
- We don't want to brag (especially these days with lots of people going through tough times)*
- We focus on what needs improvement, the many things we still have to get done, and all of the "bad stuff" in our lives, about others, and in the world*
- We feel funny about it or get embarrassed expressing our appreciation*

While all of these “reasons” make sense and are understandable, they simply and sadly get in our way of tapping into one of the most powerful emotions and states of beings we have access to the power of gratitude.

*I saw Jack Canfield, author of *The Success Principles* and co-author of the *Chicken Soup for the Soul* series, on Larry King Live a few years ago. He said that gratitude is the single most important ingredient to living a successful and fulfilled life.*

Gratitude not only makes us feel good, it’s also one of the greatest attractors of abundance, love, peace, success, health, connection, and more. The more we focus on what we already have, the wonderful aspects of our lives, and what we appreciate; the more we end up having to be grateful for.

Stop for a moment right now and think about some of the things that you’re grateful for in your own life. Make a list – either in your head or on paper. We each have so much. When we take the time to acknowledge our many blessings, we utilize the power of gratitude in a way that benefits us and those around us in a profound way.

Create gratitude practices

We can expand our capacity for gratitude in our lives by creating simple and genuine practices. It doesn’t really matter what we do or how we do it, just that we come up with easy and meaningful ways to focus on what we’re grateful for all the time. Below is a short list of some different possible gratitude practices. Pick one, use many, or choose something else:

- Write cards or emails expressing your gratitude for others – and do this for no specific reason or occasion*
- Meditate/pray and focus on what you’re grateful for*
- Have everyone at the dinner table share something they’re grateful before you eat (or go around in the car or other times you’re together with your family and play this “grateful game”)*
- Ask people what they’re grateful for (and/or ask this question as part of your outgoing voice mail message)*
- Use a “gratitude journal” and write in it regularly*

While so many of us understand and know about the power of gratitude, it’s the practice and expression of it that really has impact. When we take the time to think about, feel, and express our gratitude and appreciation for life, others, and

ourselves – we can literally transform our lives and relationships in a beautiful way.

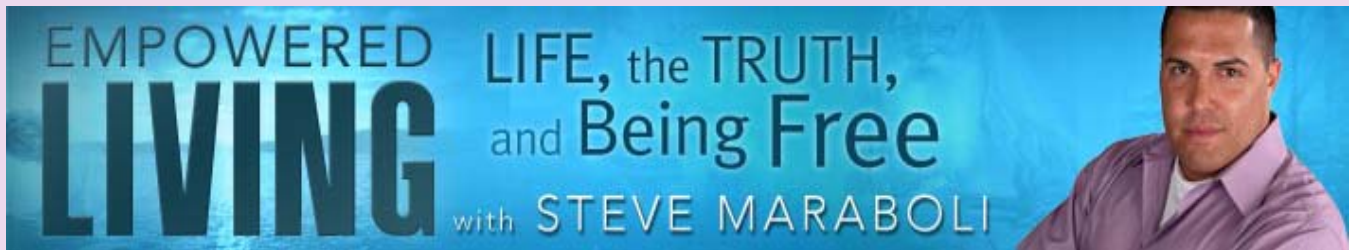
Mike Robbins is an expert in teamwork, communication, and the power of appreciation and authenticity. He delivers keynote addresses, leads customized seminars, and works one-on-one in a way that empowers people and organizations to work together effectively and be more successful. Mike has inspired tens of thousands of people to reach new levels of awareness and success, both personally and professionally through his talks, seminars, and writing. He teaches people to be more grateful, appreciative, and authentic with others and themselves. www.mike-robbins.com

*When you can see your position
clearly you'll be able to deal with your
condition effectively.*

-Steve Maraboli

You don't have to try to be what you already are.

-Steve Maraboli



Free yourself from the prison of your conditioned thoughts and destroy barriers that hinder your success. Tune into "Empowered Living: Life, the Truth, and Being Free" with host, speaker, writer, and personal coach, Steve Maraboli.

Steve and his expert guests take you on a quest for truth and highlights philosophies and strategies that help you release your greatest self.

It's time to shake off mediocrity, destroy personal barriers, live up to your greatest potential, and align with happiness, success, and excellence with:

Empowered Living: Life, the Truth, and Being Free

Listen Live Every Monday, Thursday, and Friday at 12pm ET

www.blogtalkradio.com/stevemaraboli

"It's more than just a show... It's an event!"

[Click Here For Upcoming Radio Shows](#)

[Click Here For Archived Radio Shows](#)

The Homeless Man

It was a cold winter's day that Sunday. The parking lot to the church was filling up quickly. I noticed as I got out of my car fellow church members were whispering among themselves as they walked in the church.

As I got closer I saw a man leaned up against the wall outside the church. He was almost laying down as if he was asleep. He had on a long trench coat that was almost in shreds and a hat topped his head, pulled down so you could not see his face. He wore shoes that looked 30 years old, too small for his feet, with holes all over them, his toes stuck out. I assumed this man was homeless, and asleep, so I walked on by through the doors of the church.

We all fellowshiped for a few minutes, and someone brought up the man laying outside. People snickered and gossiped but no one bothered to ask him to come in, including me. A few moments later church began.

We all waited for the Preacher to take his place and to give us the Word, when the doors to the church opened. In came the homeless man walking down the aisle with his head down. People gasped and whispered and made faces.

He made his way down the aisle and up onto the pulpit where he took off his hat and coat. My heart sank. There stood our preacher... he was the "homeless man."

No one said a word. The preacher took his Bible and laid it on his stand. "Folks, I don't think I have to tell you what I am preaching about today."

© **Steve Maraboli**

*It's impossible to know how to get
to where you're going unless you
first know where you are.*

-Steve Maraboli

A Better Today Charities

"We are all on the same team and in this together"

- Steve Maraboli

A Better Today charities are self-funded. We believe in sharing, teamwork, and the greatest display of love; giving. If you would like to help by giving your time or helping with resources, [please contact us.](#)

Featured A Better Today Charity

Empowered Women:

We provide useful and empowering literature and audio/video programs to Women's Shelters throughout the nation. We also arrange and provide personal coaching, career development coaching, and deliver speeches and training for the shelter's staff.

For more information about other A Better Today charities, [please click here.](#)

Like attracts like. Positive thoughts produce positive results. If you surround yourself in positive emotions, energies, thoughts, and people then positive events will be the end result.

-Steve Maraboli

Do not sit back and wait for life to happen to you. Have a plan and take the needed steps to create what you want.

-Steve Maraboli

Realizing your ability to label is an awesome power and a great step towards success.

- Steve Maraboli

Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance.

-Steve Maraboli

www.abettertoday.com

www.stevemaraboli.com

www.empoweredlivingradio.com