

FIRST TIME

Does/Did the first time scare you?

Remember, the first is the worst. The first is also the current best. The glass is half full when you try, when you make an effort. We all have to start someplace, somewhere, sometime.

What about a baby learning to walk? The first thing they do, after they stand, is fall. They keep getting up and falling until they learn to stand. The fall, the risk of falling, is worth the effort, and the end results.

A life well lived is a series of firsts. You should continue to have firsts until the day you die. Living without any first is a living death. We should all strive for a first every day. It can be a brand new first, or a first best in something we have done before.

Many people read a book and then move on. Me, I read a book quickly and then, if it is a book of merit, I go back and read it a second time. Finally, I outline the book in the 3rd reading. However, I get more out of the book each time I read it, and each time is the first. It is like peeling an onion.

Each time is a first time because you, yourself have changed since you first did it. Your mood may be different, your attention level many be different, and your willingness may be different. With so many variables, it is the first time. However, the previous firsts give you a chance to do better if it is a sport or skill, and to learn more if it is a book.

Problems can occur when we decide we've done it before, we know how, and then we don't focus as we should. That is when accidents happen, when we do it wrong, and when we risk getting hurt. As soon as you feel you can get your boat in the slip perfectly all the time, you become over confident, and that is when you hit the dock. When you least expect it, it happens.

Each time you do something, it is also a chance for a new personal best. It can be best delivery of a speech, it can be best time in a competition, or it can be the best test score. There is always a first time for a new personal best.

Fear prevents people from starting, from taking that first step, from doing it the first time. Isn't life an adventure? Isn't life to be lived? The only failure is when we don't try, don't make an effort, and don't have a first.

What were your greatest firsts? What were your greatest fears that you overcame with action? What did you do that you thought you never could, but circumstances made it such you had, just had, to do it, did it, and it worked?

Make a list of your firsts. Go back as far as you can remember. For many, it will be a long list when they were young and fearless. As time goes on, the numbers of first may have diminished. If so, is life boring now? Is life not exciting? Is life the 'same old' each and every day?

Make a list of things you have always wanted to try, to do, and to improve on. Tackle one a day. Make a new first each day. You'll be glad you did.