

Yesterday I wasn't feeling well.

Today I am starting to feel better.

I fell short on my commitments.

In some cases, I created new agreements – Facebook Live

In other cases, I didn't follow thru

In other cases, I produced results but not very good results

I have an agreement to take a cold shower every day for 1 year. Today I will take a hot shower.

So, the question is what do you do with that in your own mind?