



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 span¹*):

I have about _____ days left.

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

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