What a beautiful day God gave to me today.

Sometimes we sit and think about things we have done in the past or things we plan to do in our future. Sometimes we look at something we have done and critic it by saying m “Well, “I could have done that better or I should have said this instead of that.”

Why do we judge ourselves so harshly? Wouldn’t it be better to say, “Perhaps, I could have changed a thing or two, but since it is done with I guess it is alright. And next time a similar situation returns I hope that I can handle it better. In the meantime, I say ,”I handled it to the best of my ability at that time, so I am fine with my choice.”

Forgiving ourselves for any choice that we have made during the past is the whole goal of our existence. Never should we beat ourselves up for poor decisions. There are enough life experiences around to do that for us.

We do not have all the answers to the questions of life and therefore if we succeed in a moment that should be celebrated but if we feel we have failed or could have done better, we should also celebrate that time too.

Love to ourselves, is kind and forgiving to all moments in our lives. Others may not be and that would be their problem. But when we look inside ourselves, we should say, “Well done”. We are doing our best and that is all that is expected of us.