

## **I HAVE TODAY**

By Cecilia Ray 1/15/25

I have today, only today.

The past is but a memory, the future is foggy and yet to be.

So, what can I do with today, this hour, this moment?

I could fret over prices and dreaded repairs,  
Or rehash issues, what should have been said.

I could beat myself up for lack of exercise,  
Or too much sugar, or binge-watching TV.

I could be fearful, and angry, and spiteful  
because others don't share my views.

But when tomorrow becomes today, what good will come from this?

Better to call a friend and say hello,  
Or see the beauty of a tree in bloom.

Better to help someone who is in need,  
Or fill my mind with happy thoughts.

Better to clean my home and clear some clutter,  
Or count my blessings with gratitude.

The choice is mine on how to be,  
The time is now because,  
I only have today.