yesterday ended last night...

Yes it's true! Yesterday is gone and gone forever. So whatever you did yesterday or in most cases what you did not do...it's done.
There is no getting it back, no "do overs" like when we were kids.

So what did you tell yourself today about why you didn't do something yesterday? You know that inside voice that will rationalize anything we want it to and make it ok we put the "thing" off.
Maybe you don't listen to that self talk voice very often...maybe you really were too tired to workout. So you really will do it today.

But for many of us, we listen to that self talk voice everyday. The one that says "it's ok you didnt"...call your mom or start that book you said you write 15 times. The negative self talk voice that says it's ok that business idea probably wouldn't work anyway.

We all have the self talk voice. It speaks to us in both negative and positive ways. But not everyone listens to the negative self talk. Successful people generally dont' listen to the voice or if the do they ignore what it says. When I say successful I don't mean rich. I mean people that decid to do that "thing" today and not wait for tomorrow.
Remember today is all we are guaranteed. Today will be gone tonight...Tomorrow, today will be yesterday and gone forever. So live in today, do that "thing" today!

Don't regret a life of unused todays...