



# Make Every Day Your Best Day (First Place 4 Health)

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## **Make Every Day Your Best Day (First Place 4 Health)** First Place 4 Health

Carpe diem is a Latin phrase that means “seize the day.” But when it comes right down to it, most people find themselves “missing the day” rather than seizing it. All too often they find themselves wondering where the time went and asking, “What did I really accomplish?” They also miss the joy in it. But starting right here—right now—each of us can make changes to use each day to the fullest. This study will guide readers to embrace life one day at a time and give them guidance for how to use today wisely in the power of the Holy Spirit. Readers will rediscover all the blessings in their lives and gain new hope for the future.

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