

## Look to this Day

Look to this day, for it is life.  
The very life of life.

In its brief course, lie all the  
verities and realities of existence:  
the bliss of growth,  
the splendour of action,  
and the glory of achievement,  
our experiences of time.

For yesterday is but a dream,  
and tomorrow is only a vision.  
But today, well-lived, makes  
every yesterday a dream of happiness,  
and every tomorrow a vision of hope.

Look well, therefore, to this day.  
For this is the first day of the rest of your life.  
Use it wisely, and above all, use it with  
the greatest degree of love.

### Kālidāsa

4<sup>th</sup> Century CE

Regarded as the greatest poet in Sanskrit