



THE TODAY LIST

26 Invitations to Make the
Most of Today

Aliki Reddy

DelightfullyPresent.com

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A WORD OF LOVE

During my years of teaching, coaching and exploring life, I've realised that one of the biggest challenges we face isn't a lack of information.

We simply forget.

We forget to breathe.

We forget to appreciate.

We forget to trust ourselves.

And we forget that today is precious.

That's why I created The Today List, an A-Z guide to what I call Today-Focused Living. These are simple invitations to help you make the most of today.

Rather than treating wellbeing as separate parts, these 26 invitations support your physical, emotional, mental and spiritual wellbeing. Each invitation stands on its own, but together they create a more balanced and connected way of living.

With Today-Focused Living, you free yourself from the trap of living in the remembered past and anticipated future. Instead, you learn to become truly present with life, where greater peace, wisdom and wellbeing naturally emerge.

This isn't a To-Do List and these aren't things to get done every day.

They're invitations to develop a healthier relationship with yourself and with life.

Trust yourself to feel your way through them, noticing what you need and when.

Wherever you are today, there's an invitation waiting for you.

Approach The Today List with an open mind and an open heart.

Read it. Explore it. Try it. Return to it often.

Some invitations may speak to you immediately.

Others may reveal their value over time.

This is my gift to you.

May it remind you, again and again, of the preciousness of today.

With love,

Aliki 

INTRODUCTORY QUOTE



It has to be gentle. You have to be in right relationship with your thoughts and this is only possible from presence, because when you're present you are love, you are acceptance, you are compassion.

It's who you are. You don't have to do it. It's who you are. And so, it's you, meeting these aspects of yourself. It's as if everything is being revealed in love, in this energy of love, acceptance, compassion.

Even if judgement arises, no problem, you notice that - even that's revealed with love. "Wow, I'm so judgemental! That's amazing. Wow, I never stop thinking! One thought after the other. I'm feeling unworthy, how interesting!" You feel it, maybe have a little cry, but you're not lost in it.

Right relationship. It's the only thing that will awaken and liberate you.

Leonard Jacobson

APPRECIATE NATURE

To bring your attention to a stone, a tree or an animal does not mean to think about it, but simply to perceive it, to hold it in your awareness. Something of its essence then transmits itself to you. You sense how deeply it rests in being and you too come to a place of rest deep within yourself.

~ Eckhart Tolle

We spend much of our lives lost in thought, caught up in ideas about who we are and what's wrong with us. Nature has a remarkable way of bringing us back to this moment.

When you appreciate nature, you naturally reconnect with its peace, beauty and wisdom. As your attention settles, you begin to settle too.

Appreciating nature can be as simple as listening to birdsong, watching leaves dancing in the breeze, noticing the sky, breathing in fresh air or spending a few moments with your pet. Nature is always inviting you to slow down and pay attention.

Today, accept nature's invitation. Pause for a moment and simply be with it. You may be surprised how quickly it brings you home to yourself.

BREATHE CONSCIOUSLY

Thoughts and feelings come and go like clouds on a windy day. Conscious breathing is my anchor.

~Thich Nhat Hanh

Taking a conscious breath is probably the easiest thing you could ever do. You can do it anywhere, at any time, and it can immediately begin to ground you.

Turning your attention to your breath as it moves in and out of your body brings you back to the present moment. Sometimes just two or three conscious breaths are enough to completely change the way this moment feels.

Never underestimate the power of conscious breathing. It's your built-in calming energy, bringing you from your busy mind to your peaceful heart. Your breath is always with you, patiently waiting for your attention. Use it as an anchor to return from the world of your mind to this moment.

Become aware of your breathing throughout today and notice how it calms your feelings, settles your mind, relaxes your body and gently reminds you that peace is never as far away as you think. It's just one breath away.

LEANSING PRAYER

**I'm sorry.
Please forgive me.
Thank you. I love you.**

~Hawaiian Ho'oponopono Prayer

Cleansing prayer is an inner blessing that begins when you become aware that something is preventing life's natural flow of love and peace from moving through you freely.

We regularly clean our homes, wash our clothes and care for our bodies, yet we rarely give the same attention to our inner world. Without clearing away the oldness we carry, we can find ourselves repeating the same thoughts, emotions and interactions day after day.

Today, if you notice something in you that is less than love towards another person, or you become aware of a complaining energy within you, take a moment to say or sing a cleansing prayer that resonates with you. The words themselves are less important than the sincerity of your heart and your willingness to let go.

As you make space within, life's natural flow can move through you once again. Today, be sensitive to the need for inner cleansing, allow your spirit to be refreshed, and become a blessing wherever you go.

DECLUTTER

Clutter isn't just the stuff in your closet; it's anything that gets between you and the life that you want to be living.

~ Peter Walsh

Decluttering is less about becoming organised and more about creating space. Space in your home. Space in your mind. Space for life to breathe.

Because this isn't a to-do list, there's no pressure to tackle everything. Simply notice what feels ready to be released today.

Whether it's physical belongings, digital clutter or old thoughts you've been carrying, anything that no longer serves you takes up valuable space.

Today, notice anything unused, unloved or unnecessary in your life. As you begin to let it go, notice how your surroundings feel lighter and how that same sense of spaciousness begins to appear within you.

Take a few moments to create space somewhere today and notice the sense of freedom it brings.

EAT CONSCIOUSLY

It's only by bringing a habit into your conscious awareness that you can observe what it's doing, how it empowers and serves you or doesn't.

~Jeff Olson

Today, bring some conscious awareness to your eating by noticing how you feel before, during and after you eat.

When you eat, sit down and give yourself a few uninterrupted moments to simply enjoy your food. If that feels strange, that's okay. But perhaps, just once today, allow yourself the experience of doing nothing except eating.

There's a lot of guilt, shame and frustration around food. The beauty of Today-Focused Living is that today is always a fresh beginning. It doesn't matter about your past eating habits or future intentions. All that matters is this meal, this moment and what your body is telling you.

Be kind and patient with yourself as you learn to listen to your body's wisdom. Eating consciously isn't about getting it right. It's about being present enough to discover what truly nourishes you.



**Presence is the key to freedom,
so you can only be free now.**

~Eckhart Tolle

What a blessing it is not to take today for granted!

It's easy to become caught up in limitations and spend our lives thinking about all the things we can't do. But what if you turned your attention instead to all the freedom that already exists today?

Feeling free begins with recognising just how many choices you have. Do you have any idea how many opportunities you have to live your life differently today? Every moment offers a new possibility. Every choice opens another door.

Today you have the freedom to live a new day in a new way. Have the courage to try something different. Take a different route, start a conversation, learn something new, or simply respond to a situation in a way you never have before.

You don't have to change your whole life. Sometimes one small choice is enough to remind you that you're far freer than you thought.

Above all, don't take today for granted. It's one of life's greatest gifts, and you get to choose how you're going to live it.



**It's not the happy people who are grateful.
It is the grateful people who are happy.**

~Francis Bacon

As you explore the Today List, you may notice that gratitude begins to arise naturally. Giving thanks isn't something we have to force. It blossoms when we slow down, become present and truly notice our lives. In that state of appreciation, it's hard not to feel thankful for the sunshine, the trees, the food on the table and the people we love.

Consider the things you easily overlook every day. The ability to see. The work your hands do for you. The sound of birdsong or music. The simple miracle of taking a breath. When we begin to notice these ordinary gifts, gratitude follows naturally.

Today, begin your day by giving thanks for the gift of being alive. You have been given another day that has never existed before, with countless opportunities to learn, to love and to enjoy this precious life.

Don't wait for extraordinary moments before you feel grateful. The more thankful you become for ordinary life, the more extraordinary life begins to feel.

HUG MINDFULLY

Hugging with mindfulness and concentration can bring reconciliation, healing, understanding and much happiness.

~Thich Nhat Hanh

Can you find someone to hug today? A hug is one of the simplest ways to express love, comfort and connection. When you slow down and become fully present, even an ordinary hug can become something deeply nourishing.

Most of us hug automatically while our minds are already on the next thing. But when you bring your full attention to the person in your arms, you may notice a sense of warmth, peace and oneness that often goes unnoticed.

Allow yourself to pause for just a few moments. Feel the contact. Feel the breath. Be fully there. It's amazing how something so familiar can become so meaningful when you give it your complete attention.

Today, if the opportunity arises, offer someone a mindful hug. It might be your partner, a friend, a child, a parent or even your pet. You may discover that what seemed like a simple hug becomes a beautiful reminder that love is always found in the present moment.



***Education is not the filling of a pail,
but the lighting of a fire.***

~William Butler Yeats

Most of us grew up in an education system that tends to be very rigid and structured, often focused on memorisation and taking exams. In this type of environment, where you were compared with other children in your class, your creativity and love of learning may have been somewhat suppressed.

Understanding this is helpful because it means today can be a fresh start. You can let go of any old beliefs about not being good enough or clever enough.

Today, allow yourself the freedom to enjoy inspired learning. What do you feel drawn to learning about today? What have you been interested in for a while but not yet explored? What fills you with joy and makes your heart sing?

Trust what naturally draws your attention. It may be showing you exactly what you're ready to learn.

It's never too late to give yourself the education you've always wanted.

JOURNAL

Fill your paper with the breathings of your heart.

~William Wordsworth

There are so many different ways to journal, but the main purpose is the same: to give yourself a safe and enjoyable way to express yourself. Some people love writing. Others prefer drawing, painting, collage, photographs, junk journaling, doodling or collecting things that inspire them. There are no rules.

A journal is simply a place where you can explore your inner world and express whatever is alive in you today. The important thing isn't how you journal. It's that you give yourself the freedom to do it.

Today, begin wherever you are. Don't worry about making it beautiful or getting it right. Simply enjoy the process and discover what feels natural to you. Over time, you'll find your own unique style of journaling.

If thoughts arise that tell you you're not creative or that you're doing it wrong, don't let them stop you. When it comes to your journal, nobody else's opinion matters. There are no rules. Just enjoy the freedom of expressing yourself in whatever way feels right to you.

NOW YOURSELF AS AWARENESS

**I am not my thoughts, emotions, sense perceptions,
and experiences. I am not the content of my life. I
am Life. I am the space in which all things happen.**

~Eckhart Tolle

This may be the most important invitation on the Today List.

Most of us are familiar with our body and our mind, but we rarely stop to discover the deeper essence of who we are. Beneath all of our thoughts, feelings and experiences is the awareness that knows them all.

Although your thoughts constantly ask for your attention, they are not who you are. You are the one who is aware of them. Just as the sky isn't disturbed by the clouds passing through it, your true nature remains untouched by whatever appears in your mind.

One of the easiest ways to recognise yourself as awareness is to take a conscious breath or simply listen to the sounds around you. Instead of following your thoughts, become interested in that which is aware of your experience. This simple shift can bring a profound sense of peace.

Give yourself grace as you become more familiar with yourself in this way. As you rest more often as awareness, you'll begin to discover the deep peace that has always been here beneath the activity of the mind.

LISTEN TO WISDOM

Knowing yourself is the beginning of all wisdom.

~Aristotle

You are born with an innate intelligence called wisdom that is always with you, guiding you from moment to moment. The challenge isn't finding your wisdom. It's learning to recognise and trust it. To hear it more clearly, you need to tune out of the ramblings of your mind and tune in to the still, small voice within.

Notice how many distractions compete for your attention throughout the day.

Make it a point to regularly read or listen to wisdom from teachers whose words resonate with you. Their role isn't to replace your own wisdom, but to awaken it.

With Today-Focused Living, you don't have to rely on your old thoughts and knowledge to navigate life. Fresh wisdom is always available to you right now.

Instead of thinking wisdom is something distant or elusive, discover that it's already here within you, waiting for you to become still enough to hear it.

MOVE YOUR BODY

**Exercise not only changes your body, it changes your mind,
your attitude and your mood.**

~Unknown

Take a moment to notice any thoughts and beliefs you have about moving your body. For many people, this subject has become tangled up with pressure, comparison and self-judgement, making it difficult to enjoy movement again.

Today offers a fresh start. Instead of trying to force your body to become something different, begin by appreciating it for everything it already does for you. Listen to it. Care for it. Move it with kindness.

What kind of movement do you feel drawn to today? Something energetic like running, climbing or sport? Or something slower like yoga, Tai Chi or stretching? Walking, dancing, gardening and playing all count too. What matters most isn't how you move, but that you discover a way of moving that you enjoy and want to return to.

The best form of movement isn't the one someone else recommends. It's the one you'll actually enjoy enough to return to. Leave behind old comparisons and unrealistic expectations. Today, simply choose one way to move your body with appreciation and notice how it makes you feel.

NOURISH YOUR BODY

Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: "Thank you!"

~Karen Salmansohn

There's no shortage of information telling us what we should and shouldn't eat, yet all those conflicting messages can leave us feeling overwhelmed and confused.

Instead of worrying about finding the perfect diet, ask yourself one question: "How can I nourish my body today?"

Nourishing your body doesn't have to be complicated. Small, loving choices made consistently can make a big difference over time. Perhaps it's drinking more water, adding an extra portion of vegetables to your meal, choosing something homemade, or simply taking the time to sit down and enjoy what you're eating.

Today, choose one simple thing that will nourish your body and enjoy it with appreciation. Imagine every cell in your body smiling back at you and saying, "Thank you."



Nothing, ever, is worth closing your heart over.

~Michael A. Singer

Open your mind, open your heart, open your whole being to life! Much of the time we don't realise it, but we go through life with a closed energy. You can often sense it in other people, but you may not recognise it in yourself.

There's a beautiful energy within you that naturally wants to flow freely. Whenever you become caught up in judgement, resistance or believing life should be different, you close your heart and restrict that flow.

Notice this energy of resistance within you today. Notice how you're putting demands on life's events, wanting things to unfold according to your personal preference. Are you unconsciously at war with the world because you want things to be your way?

Tune in to your inner energy and become sensitive to any resistance or tension within you. As you let go of your resistance, your heart naturally begins to open again.



We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.

~Charles Schaefer

Once upon a time, you were a child who moved through life with curiosity and wonder. You weren't afraid to explore, try new things, get messy or simply enjoy yourself. Play came naturally because you weren't so concerned about getting everything right.

That playful spirit is still within you, even if it's been buried beneath responsibilities, routines and seriousness. It hasn't disappeared. It simply needs inviting back into your life.

Play isn't just for children. It's one of the most natural ways to bring more joy, creativity and aliveness into your day. Whether it's dancing in the kitchen, playing a game, doing something creative, spending time with children or simply laughing more, play reminds you not to take life quite so seriously.

Today, give yourself permission to play. Do something simply because it's enjoyable, not because it's productive. You may discover that play isn't a distraction from life. It's one of the ways we come most fully alive.

QUIET TIME

If quiet and space are so important for our happiness, why don't we make more room for them in our lives?

~Thich Nhat Hanh

Quiet time is one of the greatest gifts you can give yourself. In a world that's constantly asking for your attention, choosing to pause is an act of self-care.

Quiet time can take many forms. It might be sitting in the garden, walking in nature, switching off your phone, enjoying a cup of tea without distractions, having a bath, meditating, praying or just sitting and doing nothing for a few minutes. It isn't so much about what you're doing as the quality of your attention while you're doing it.

When you regularly make space for quiet, something begins to change. Your nervous system settles, your mind becomes less noisy, and your heart has room to breathe. You begin to notice things you would otherwise rush past, including the wisdom that has been patiently waiting within you all along.

When you make time for being still, you'll discover how precious it is, and how simple it can be to stop as you move through your day. Quiet time is a break from the world of your mind and the busyness of modern life. You get to step off the hamster wheel for a while. You get to rest from trying to be and do so much.



I love the way that each book — any book — is its own journey. You open it, and off you go...

~Sharon Creech

As always, come to this subject with an open mind. Many of us place ourselves into a particular camp: "I'm not a reader," "I only read fiction," or "That genre isn't for me." There's nothing wrong with having preferences, but don't let them stop you discovering something wonderful.

Today, be curious. Why not up something different and see where it takes you?

Books have the power to open new worlds, introduce new ideas and change the way we see ourselves and life. Whether you read a paperback, a Kindle, or listen to an audiobook, every page is an invitation to learn, grow and be inspired. Just be mindful that you're truly present with what you're reading or listening to, rather than simply using it as background noise.

If you find it difficult to read because you can't focus or you're simply not used to it, find books with beautiful pictures to enjoy, or choose a short book and read just a little each day. It all counts. Gently guide yourself into the enriching experience of daily reading adventures.



Simplicity is the ultimate sophistication.

- Leonardo da Vinci

What a blessing it is to live a simple life! Our soul yearns for simple and uncomplicated living, yet the world's systems and the workings of the mind are incredibly complicated.

Finding ways to simplify your daily life can be a wonderful adventure. Begin with your to-do list and your calendar. What can you let go of to create more space in your days? What about the apps on your phone or the folders on your computer? Do your meals need simplifying? Are you trying to do too much? It's worth going back to basics and starting fresh in every area of your life.

As you simplify your outer life, notice how life can begin to feel lighter.

Today, honestly consider how complicated you want your life to be. Do you really need all the busyness and distractions you've become accustomed to?

Don't wait until some time in the future to discover what really matters. Use your time and energy wisely today, and enjoy the freedom that simplicity brings.

RUST YOUR INTUITION

The more you trust your intuition, the more empowered you become, the stronger you become, and the happier you become.

~Gisele Bundchen

Trusting your intuition means relying less on mental reasoning and the opinions of other people, and learning to recognise that quiet inner knowing that feels right for you. Many of us have learned to doubt ourselves, so it's natural to hesitate at first.

Your intuition won't usually shout above the noise of your mind. It's often subtle, simple and easy to overlook. The more you slow down and listen, the easier it becomes to recognise and trust.

How do you know when it's your intuition? It often brings a sense of clarity, simplicity and inner peace. The mind tends to create confusion, overthinking and endless complications. Intuition quietly points you in the direction that feels true.

Today, make a little space to listen to your intuition. Trust the gentle wisdom that's already within you. The more you follow it, the more confidently you'll move through life.

USE WHAT YOU HAVE

Never let the things you want make you forget the things you have.

~Sanchita Pandey

Before you buy anything new, see if you can find something you already own that will do the job instead. We often don't need as much as the world, or our mind, would have us believe.

Take a fresh look at what you already have. Many of us own things we've forgotten about or never fully used. Books waiting to be read, clothes waiting to be worn, hobbies waiting to be rediscovered, online courses waiting to be started. If we don't use these things, why do we keep collecting more?

Using what you already have is about more than saving money or reducing clutter. It's about appreciating the abundance that's already present in your life. Sometimes we're so busy looking for the next thing that we overlook the value of what's already here.

Today, find something you haven't used in a while and start using it. Notice how you become more mindful of what you buy and the simple satisfaction of appreciating what you already have.



**There's a whole world out there, right outside
your window. You'd be a fool to miss it.**

~Charlotte Eriksson

Don't let your days become so full or so familiar that you stop making time to visit new places. Whether it's another country or somewhere just a few miles from home, it isn't the distance that matters. It's the experience of stepping out of your routine and seeing life through fresh eyes.

Have you put off travelling because your mind keeps pointing out all the reasons why you can't? Perhaps it's time to challenge those thoughts and visit some more places while you're able.

Then there's the gift of visiting people. Whether it's an elderly relative, a lonely friend or someone you've known online for years but never met in person, your visit could make a far bigger difference than you realise. Perhaps there's also a local interest group you've been meaning to join.

The point is simply to get out and about. Today, visit somewhere or someone, and notice how refreshing it feels to experience a change of scenery, a meaningful conversation, or a new perspective.

WAKE UP WITH A SMILE

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.

~Thich Nhat Hanh

When you first wake up in the morning, there's a small window of opportunity before the mind kicks in with its memories, problems and to-do list. As you become conscious of who you are and the story of your life, remember to greet this new day with a warm smile.

Start your day with the realisation that it's truly a blessing to be alive. Not only are you alive, but you have been given the gift of a brand new day.

Today, everything is new, as long as you're not living in your remembered past and letting it interfere with the freshness of this day.

Smile because today is a gift. Smile because it makes you and the people around you feel good. Smile because it brightens your face. Smile because you can.

Waking up with a smile isn't something to pressure yourself about. It's simply a beautiful way to begin your day.



You can only forgive if you realize that whatever actions have been perpetrated are the effects of human unconsciousness. In other words, what Jesus said on the cross: "Forgive them for they know not what they do."

~Eckhart Tolle

Check in with your heart today and notice whether it feels closed towards anyone. Have you been carrying the heavy weight of unforgiveness?

An unforgiving heart keeps you connected to pain that may no longer need to be there. Use X-ray vision to look beyond another person's behaviour and see the unconsciousness behind it. When people hurt others, they're usually acting from unconscious thought and unresolved emotional pain, completely caught up in their mind-created drama.

You don't have to approve of someone's behaviour to understand it more deeply.

If your heart softens, even a little, you may find yourself able to let go of some of the pain you've been carrying. Forgiveness isn't something you force. It arises naturally when understanding replaces judgement. Today, look beyond the behaviour to the human being beneath it and discover the freedom that forgiveness brings.

ES TO THE YEARS

The longer I live, the more beautiful life becomes.

~Frank Lloyd Wright

Saying yes to the years means saying an emphatic YES to growing older and living the rest of your life in the wisest way. For too long we've been afraid of ageing, resisting the changing seasons of life and forgetting that our days on earth are precious.

Instead of seeing ageing as something depressing, discover how natural and beautiful it really is. Saying yes to the years means embracing every stage of your life, from beginning to end. What a blessing it is to grow older. Every year brings new opportunities to learn, love and deepen in wisdom.

As your body changes with age, your deeper nature remains untouched. In fact, many people discover that the later years of life bring greater peace, perspective and appreciation than ever before.

Whatever season of life you find yourself in today, say yes to it. Open your heart to this stage of your journey and make the most of the years that are still to come.



**Be present as the watcher of your mind, of your thoughts
and emotions as well as your reactions in various
situations.**

~Eckhart Tolle

Throughout the day, thoughts, emotions and reactions naturally arise. We often become so caught up in them that we forget they're simply passing experiences appearing in our awareness.

Many people spend their lives trying to control their thoughts, stop them or replace them with more positive ones. But the greatest freedom comes from changing your relationship with them instead.

Make peace with the fact that you are a thinking being and that thoughts will naturally arise throughout the day. The good news is that you don't need to give them your attention. When you stop taking your thoughts so seriously and believing everything they say, they begin to settle down and lose their power over you.

Today, instead of being a victim of your thoughts, zoom out and become the observer of your experience. Take your place as present awareness and allow your thoughts to fade into the background. Stop fighting and arguing with your thoughts, and you'll discover they gradually lose their power over you.

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A FINAL WORD

Thank you for spending time with The Today List.

I hope it reminds you that wisdom and wellbeing are often much closer than we imagine. They can be found in noticing a flower, taking a conscious breath, slowing down to eat, or simply being present with this moment.

My hope is that these simple invitations help you trust yourself a little more and discover the richness that ordinary life has to offer.

Continue your journey at DelightfullyPresent.com, where you'll find guidance, videos, resources and fresh inspiration to support your journey.

If The Today List becomes part of your day, I'd love to see it. Share a photo, a favourite reminder, or a moment that helped you reconnect with yourself or with life. Tag me (**@alikireddy**) and use **#TheTodayList** so we can inspire one another.

With love and gratitude,

Aliki 

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