

Take 10 minutes for reflection, and think about what you want to do with your day.

Rigoberta Munchu

<http://www.betterworldheroes.com/pages-m/menchu-bio.htm>

I really liked Rigoberta Munchu's book.
I was touched by her story .
This quote is one of my favorite quotes.

Sometimes we reflect on good experiences and other times we reflect on troubling experiences.
Thinking about past experiences will help us make good decisions in the future.

