



You don't have to be a rooster . . .



Not everyone is a morning person. And you don't have to be. We were all made different. And that is ok. All my life I've loved evenings, nighttime, the end of the day. It is a time when things wind down, work is done, and a break is eminent. Yet, I've always felt pressure to be a morning person. You know, the old "early to bed, early to rise, makes a man healthy, wealthy, and wise" saying? Well, I want to be healthy, wealthy, and wise. But no matter how much I tried, I could never convince my internal clock to love and embrace mornings. Finally, a few years ago, I realized I am just a night person and that is ok and I can accept that. So, do what works for you. Get up early if you love it. Stay up late if it makes you happy. The important thing is to get enough sleep, have balance, get down time but also work hard . . . and you can be healthy, wealthy, and wise.