A phrase comes to my mind. A new day is the chance to begin again. A failure is only a temporary thing if you decide to move on and make it a lesson. Failing is something that to you do many times on the way to success. Success is something to savor for a few minutes before you get back to grinding away. What is failure you ask? That is a great question. Failure like success is different things to different people. Success might be having enough money to get an Ice Cream cone with the family on a Saturday evening. Sounds like a little thing to many people. To me, for many years success was a simple thing and it was the ability to go officiate a motorsports events during the summer and know that I had a roof over my heard. Where I ended up giving up a little was on the financial side of things. But in turn I became an opinionated person and a leader.

Remember every day is a new start. The expression that I like is:

"There is no tomorrow for when tomorrow comes it will be today and yesterday is history so what it means is that today is all you have".

Do not let a day go by because the one thing that the last year has taught us is we never know when the last day will come. Make sure that you tell some one that you love them. You ask how do you start over. Be thankful for every day. You start over by making a plan to take the first few steps with an end goal in mind. Once you begin down the path will start to become clear to you. You ask people who have succeeded how they did it. The answer that I see is one day at a time doing one thing that they need to do to get one step closer to where they want to be. You need stay focused on the thing that you want to get. When you come to a roadblock that is when you need to figure a way around it. Most of the roadblocks are in our mind. So let's get going for that better life.