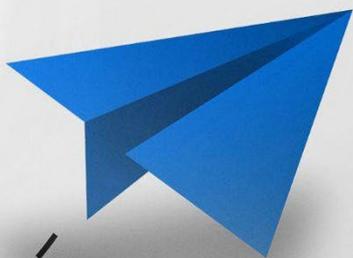


Yes, you can...

ENJOY TODAY

*Because this day,
not someday, is the
only day that
matters*



The Book of TOSSLY
JIM GREENWOOD

INTRODUCTION



Consider Happiness as Enjoying Moments Repeatedly
Enjoy Today

AUTHOR'S NOTE



Jim Greenwood

I didn't write this book from a mountaintop of perfection. I wrote it from the messy, honest middle of life — where plans get interrupted, dreams stall, people disappoint you, and yet somehow hope still shows up in the morning. For years, I believed joy was something you earned later, after success, after clarity, after everything was finally “in place.” But life has a way of reminding us that later is a myth. What we have, the only thing we truly have, is today.

This book is not a lecture. It's a conversation. It's a hand on your shoulder. It's a quiet voice saying, “You don't have to fix your whole life to move forward, you just have to take one honest step today”. I wrote these pages for people like us: people who have lived enough to know struggle but still believe in possibility. People who know pain but also know how to get back up. People who are building their lives not through giant leaps, but through small steps, the kind that shape us, strengthen us, and slowly transform us from the inside out.



As you read this book, I hope you don't just find words, I hope you find motion. Real, gentle momentum. In your relationships, your work, your faith, your healing, your courage. You don't have to rush. You don't have to be perfect. You just have to show up, for this day. Because this day, not someday, is the only day that matters. Let's begin.

WHAT IS ENJOY TODAY?

Enjoy Today is a philosophy of one step at a time, “The Truth of Small Steps Lead Yourself.” And because small steps can't be taken yesterday or tomorrow, there are five practices that engage you in today, the only place small steps can be taken.



Leading Yourself is key. Others, from your past and present, including the media, those selling to you, and family and friends, will tell you what you must do, or have to do. But no one can tell you how to enjoy today. Each individual must find that for themselves based on their life experiences, situations, dreams, and desires.

Everyone will have good days, bad days, even terrible days, yet finding moments to enjoy, even on those days, will provide meaningful benefits.

It's not about eliminating problems, stress, pain, or worry. Why? Because they are all part of the human experience. If they exist, it's about acknowledging their reality and then taking moments to strengthen and guide yourself through them, regardless of the problem. Enjoy Today will help you develop that ability, to see and reap those benefits, because it is also human to enjoy.



WHY ENJOY TODAY?

Every day carries the power to change your life. Enjoy Today is built on a simple truth: when you focus on the present, you unlock clarity, confidence, and momentum.

When you embrace this way of living, these are the gifts that will unfold in your life:

- A deeper appreciation for the value of each day.
- A steadier sense of being grounded and fulfilled in your daily life.
- A natural shift toward focusing on what you want, rather than what you don't.
- The ability to acknowledge challenges and gently guide yourself through them.

This is the promise of Enjoy Today: to help you lead yourself, step by step, toward the life you truly want, using the power of the Truth of Small Steps Leading You.

WHY IS TODAY CHALLENGING?

Today asks more of us than ever. We're flooded with divisions, comparisons, distractions, and expectations. "Not enough" whispers in the background. Life's real challenges, stress, exhaustion, loneliness, trauma, can make joy feel far away, and when safety, stability, or hope feel distant, joy can feel out of reach.

But joy doesn't live in yesterday or someday. It lives in today and there are practices to find it, and that means no matter how hard things feel, joy is never out of reach.



WHO WILL BENEFIT FROM ENJOY TODAY?

Anyone ready to guide their day and their life, toward more happiness. If you want to hear your inner voice more clearly, make choices that align with your values and bring more meaning into your 24 hours, this book is for you.

It's not about external success (though that may follow). It's about you, how you think, how you respond, and how you shape your moments.

This is your book. Talk to it. Write in the margins.

YOUR POWER LIES IN SMALL STEPS

You may have come to understand that life isn't about those rare, dramatic moments of triumph you often see celebrated. It's about the moments when you decide to try again, change courses, move through the difficulty, make that phone call, appreciate what you have instead of complaining, or calm yourself even when stress is building.

The power to do so lies in taking small steps, because they are the connection to your moments, and the now of your life. Small steps remind you to live fully right now, not someday. With your "end in mind," they shape and guide the life you desire, one step, one day at a time.

Through small steps, you can become whatever you want: an athlete, a teacher, a better parent, grandparent, rich or famous, whatever calls you or you stumble upon. Small steps will help you learn from those who inspire you—to be sweet or tough, work hard, read everything, breathe, stay in touch, or whatever feels right for your chosen path.



Sharing with others the Truth Of Small Steps Lead Yourself (it has also been Love Yourself), one person asked “Why is TOSSLY so focused on the self? ‘Lead yourself’? ‘Love yourself’?” There was a simple answer: You can only change yourself. You can’t change anyone else.

THE STEPS YOU WILL FIND HERE

Inside Enjoy Today, you’ll discover five simple practices you can use individually or together to help you make the most of this day, the only day you can actually live and shape. These practices are designed to guide your thinking, strengthen your focus, and bring more meaning to your everyday moments.

This book is not a deep dive into any single topic. Instead, it offers an overview of timeless paths and approaches that have helped countless people live with more clarity, joy, and direction. If one practice resonates with you, explore it further, there are many excellent resources out there to help you go deeper.

You’ll also find a glossary of key terms to clarify ideas that may be new, a collection of quotes that have inspired me along the way, and a brief section called “About JG,” where I share how these philosophies were shaped in my own life.

Enjoy Today is meant to help, not replace or override medical or professional advice.

If you have any questions or comments, please email me at:



jim@tossly.com



REMEMBER THIS - YOU HAVE A SPECIAL GIFT

It's a gift you receive every day, whether you like it or not. You can't return it, postpone it, or save it for later, and it's a gift that becomes what you make of it.

What is it?

You've probably guessed: It's today.

And while it's impossible to predict the exact number of these gifts you have left, you know this: It's a finite number that slips away one by one, making each day matter.

So perhaps the most important question you can ask isn't how many days you have left, but rather how to spend the one you have right now—to enjoy and benefit from this one day.



“None of us, including me, can do great things without others. But we can all do small things, with great love, and together, we can do something wonderful.”

—*Mother Teresa*



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For the full book



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