

□ Reading time: 2 min.

There is a Bank that credits the sum of eighty-six thousand four hundred euro to your account every morning. Every night it cancels any amount in your balance that has not been used during the day. Everyone has an account in this Bank.

Its name? Time.

Every morning this Bank credits you with eighty-six thousand four hundred seconds. Every night this Bank cancels and regards as lost any amount of this credit that you have not invested. This Bank does not keep balances or allow transfers. Every day it opens a new account for you. Each night it clears the day's balance. If you do not use the daily deposit, the loss is yours. There is no going back. There are no credits on tomorrow's deposit.

You have to live in the present with today's deposit. Invest in this way to achieve the best in health, happiness and success: the clock is ticking. Get the most out of each day.

To understand the value of a year, ask a student who has lost a year of study.

To understand the value of a month, ask a mother who gave birth prematurely.

To understand the value of a week, ask the editor of a weekly newspaper.

To understand the value of an hour, ask two lovers waiting to meet.

To understand the value of a minute, ask someone who has just missed the train.

To understand the value of a second, ask someone who has just avoided an accident.

To understand the value of a thousandth of a second, ask an athlete who won a silver medal at the Olympics.

Value every moment you live, and value it even more if you can share it with someone special, special enough to dedicate your time to them, and remember that time waits for no one.

*"I wake up every morning at nine o'clock. I reach for the newspaper and look at the obituaries page. If my name is not there, I get up"* (Benjamin Franklin).