

## Blogging before breakfast

Published: January 17, 2026, 6:44 pm

---

Someone put it to me recently that writing several blogs before breakfast on most days of the week was not normal behaviour, but that's what I do. They asked me why. My response was simple. By writing these blogs I know I have done something that day to try to change the world into the place I'd like it to be. Whatever else then happens I know I have at least done that. And I can't think of anything much more important to try to achieve.