



## daily GOOD

Happiness is that state of consciousness which proceeds from the achievement of one's values. --Ayn Rand

### Like Water From a Hummingbird

On a trip to Japan, Wangari Maathai learned the story of the hummingbird in the forest fire. While other animals run in fear or hang their heads in despair, the hummingbird flies above the fire time and again, releasing a few drops of water from its tiny beak. "Why do you bother?" the animals shout. "I'm doing the best that I can," the hummingbird replies. For Maathai, the Nobel Peace Prize recipient responsible for more than 11 billion trees being planted worldwide, this story reveals the impact of principle-based decisions. Through all her work, from being the first Central African woman to earn a PhD to spearheading an environmental movement, Maathai concludes that it's our values, not set goals or objects, that motivate us. "I saw that if people have values, they can sustain what they are doing."

### Be The Change:

When faced with a difficult dilemma or decision, pause and reflect on your values.