



daily GOOD

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. --Albert Schweitzer

We Teach Who We Are

If you ask a child what they want to be when they grow up the answer is never "loved" or "happy" or "peaceful." We put a lot of weight on success, on setting goals and reaching them. And we quantify those accomplishments. How much did you get done today? What is your salary? How big is your house? Even our connections today are quantifiable. You have 500 friends on social media. You scroll through their posts, briefly acknowledging some with a click. How often do we consider the impact of the singular things in our life? It takes more than a moment to truly appreciate the special people around us.

Be The Change:

Take some time today to appreciate the blessings in your life and enjoy the many benefits of gratitude.