



## daily GOOD

Hope is being able to see that there is light despite all the darkness.  
--Desmond Tutu

### 6 Habits of Hope

Hope is often viewed as the anticipation of circumstances being better in the future, but in this article environmentalist and social activist Kate Davies suggests that intrinsic hope is based in the here and now. Applying 6 habits of mindfulness to one's daily life will allow us to live from a place of hope that embraces life as it is now in all of its beauty and complexity.

### Be The Change:

When you are feeling discouraged and in need of hope, pause in your day and notice the effortless miracle of your breath rising and falling or the natural courage found in nature's tireless movement to grow all things.