



## daily GOOD

Wildness recenters me. It humbles. It inspires. --J. Drew Lanham

### **My Wild-Like Refuge**

"My current refuge isn't designated as wilderness or wild or special by anyone but me. It is not tucked away in some far-flung corner of the world where access is granted only to those wearing high-end technical gear or with enough disposable time to wander without any cause other than "wanting to." No, it is a journey of steps measured in feet and minutes, determined by the willingness of the local weather on the other side of the screen door to cooperate. There's no special name requiring acknowledgment other than the address to which it's attached. "Backyard" is the common nomenclature. Lots of people have them. But then again, lots of people don't. Like my wilderness jaunts, I see my green space as privilege."

### **Be The Change:**

Take a moment to reflect on, and give gratitude for the spaces of refuge in your life.