



## daily GOOD

The invariable mark of wisdom is to see the miraculous in the common.  
--Ralph Waldo Emerson

### The Learning Curve of Gratitude

"Eight weeks ago, I was released from the hospital after suffering a pulmonary embolism. I had just finished a tour and a week after returning home, severe chest pain and terrible breathlessness landed me in the ER. A scan revealed blood clots in my lungs. Everyone told me how lucky I was. A pulmonary embolism can take your life in an instant. I was familiar enough with the medical term, but not familiar with the pain, the fear and the depression that followed." This real-life story leads into a transformative moment at the check-out counter of a grocery store.

### Be The Change:

Appreciate the gift of this day.