



daily GOOD

Deep trust in life is not a feeling but a stance that you deliberately take. It is the attitude we call courage. --Br. David Steindl-Rast

Deepening Our Comfort with Uncertainty

While many of us associate uncertainty with discomfort and fear, there is an exquisite beauty to be found in the transformation that takes place when we can welcome the unknown. Kristi Nelson, the Executive Director of A Network for Grateful Living, examines what it means to surrender to the unpredictable nature of our days and the rewards that manifest as a result. "Much of our freedom depends on cultivating greater perspective about being with uncertainty, however and whenever we can," she writes. Read more to learn how you can lean into the impending unknown with gratitude and awareness.

Be The Change:

Identify an area of uncertainty that's particularly challenging for you. What would it be like if you could free yourself from any related outcomes or expectations? Practice taking a step back when you feel stressed or worried by what's to come and practice tuning into the present.