



Art by Jason B.

“The only thing I can’t change is the past. Everything else is a matter of my perspective. **I lay the groundwork in the present for a good future and then let go.**”

D, 2023

### Reflection

Look at the ground in front of you. Now imagine a path on the ground and start to build it. Maybe you’re marking a path with your hands or feet, maybe you’re using a stick to draw a path in the dirt. Maybe you’re finding rocks or objects to build it. Focus on the work of building, not the end point. There are many ways to make a path. Make yours well.

### Questions

What is something you do every day that helps you to be a better person? What is something you do every day that helps others? What is something you built that you are proud of? Reflect on the work you put into making this happen.