

Practice

Look all around you.

Don't stop until you find something beautiful.

Take all the time you need.

This beauty might not be something you see; it might be a sound, a smell or a feeling. Open yourself up to beauty as a way of being, a way of believing.

Beauty always surrounds us.

It is up to us to see it, to be it, to believe it.



Art by Michael T.

“If I do what I can today, I think that tomorrow will take care of itself. If I’m focused on tomorrow, I’m gonna miss something today.”

Melvin, 2009

Questions

When did you experience beauty today?

Get a pencil and paper, close your eyes, and let your hand freely move the pencil. Draw something that feels beautiful.

Open your eyes.

What do you see?



“I wake up and fall asleep saying thank you. All through the day I can't tell you how many times **I just say thank you.**”

James, 2005

Reflection

When you wake up in the morning, before you get out of bed, breathe in thanks and breathe out you. As you breathe in, let the different people and things you are grateful for float through your mind and settle in your heart. As you breathe out, imagine you are sharing this gratitude with every living being. Continue this practice throughout the day and make it the last thing you do at night.

Art by Jason B.



Questions

What are you most grateful for in your life?
What are ten things you are grateful for right now?
Throughout the day, write down everything you are grateful for when you think of it. What stands out? What surprises you?



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.

“The best thing is to show them and prove it, instead of trying to tell them, and that takes time... maybe years. You do that by how you live your life from here.”

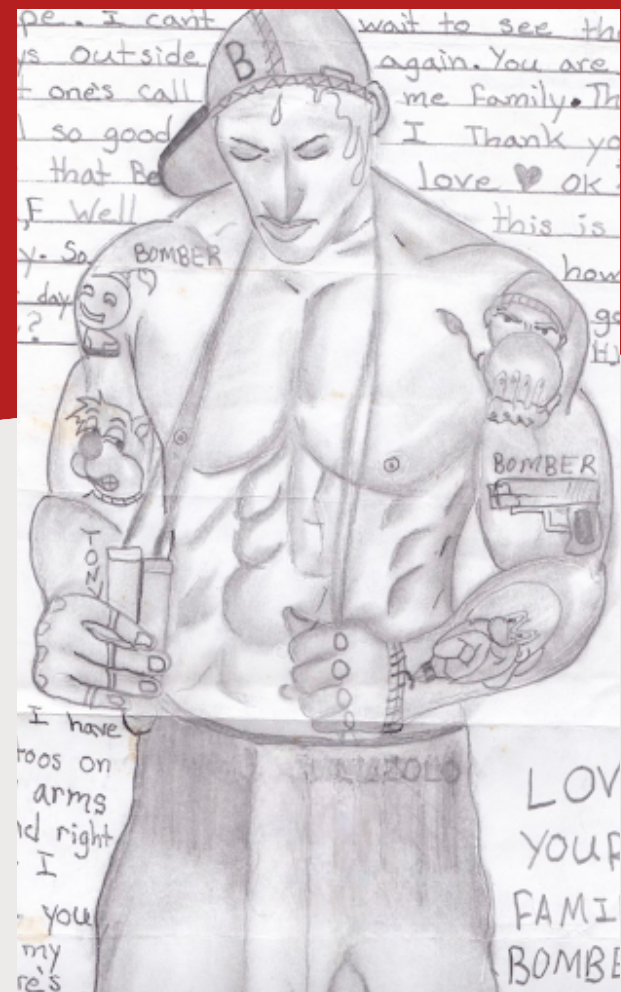
Gabe, 2017

Reflection

It's easy to float through life simply reacting instead of acting with purpose. When we act with purpose, the quality of our actions and their results improve. What purpose do you want your actions to serve? Pay attention to your actions today and work to let them reflect the best version of yourself. Practice acting with positive purpose. You won't always succeed. That's ok. Everything worth doing takes practice.

Questions

What did you have to practice a lot to do well? What were the results? What story would you like your actions to tell about who you are? Reflect on a goal you have for yourself. What actions do you need to take to achieve it?



Art by Sean F.

“I know I've got **many miles on this road yet to travel** but I believe I'm **off to a great start so far**” LT, 2005



Practice

Stand up and plant your feet firmly on the ground. Pay attention to how your feet feel on the ground and the strength of the earth below. Put one foot in front of the other. Notice what changes in your body, in your balance, and in your view as you put one foot slowly in front of the other. What stays the same? Every step can be the start of something new and beautiful.

Questions

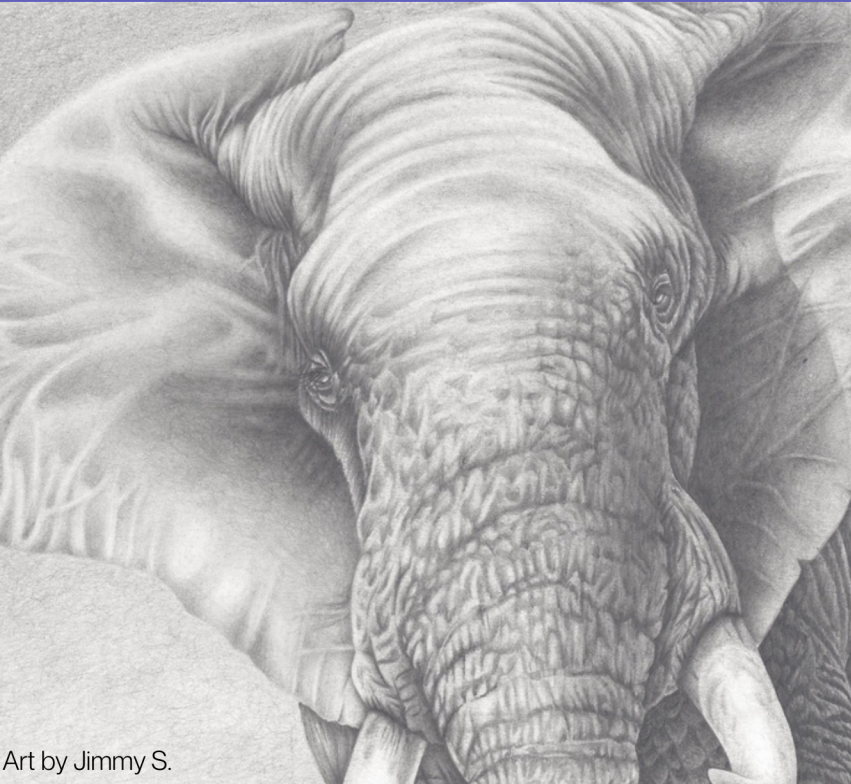
- What is one small positive change you've made in your life recently? How does it feel?
- What is something positive you regularly do for yourself? How does this help you?
- What is something positive you would like to do for yourself? How would this help you?
What would happen if you started today?



Art by Jonason K.

“All beings are created **to be enough**
for the roads they travel.”

P, 2021



Art by Jimmy S.

Reflection

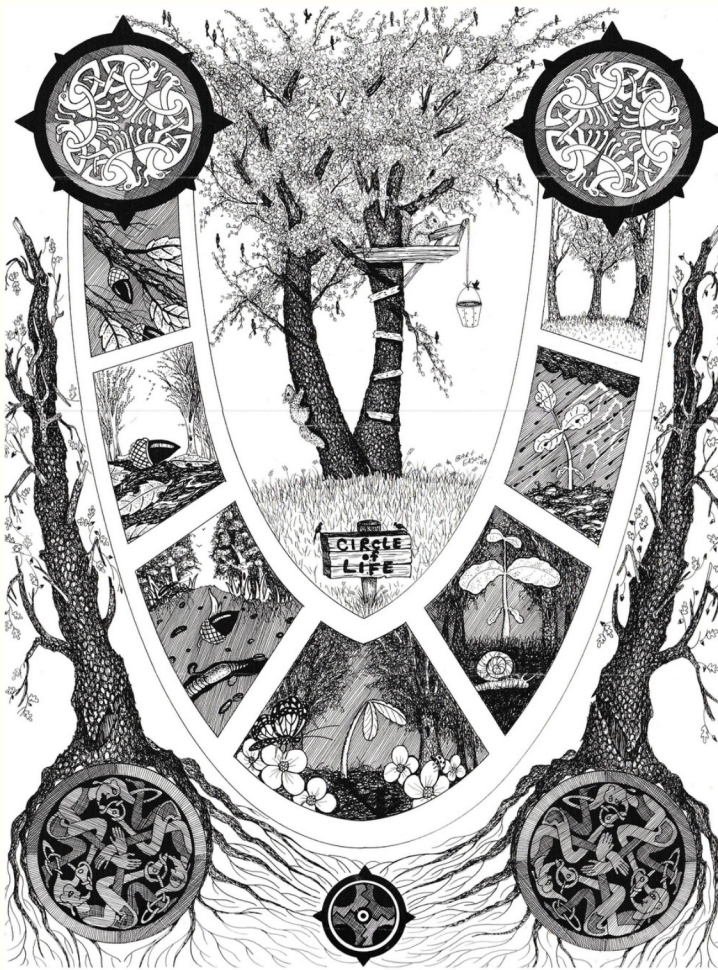
Imagine you are on a path in the middle of a journey. You are carrying everything you need with you. You are also carrying your fear, pain, and doubts. They can make it hard to find your strengths and skills. Look in your backpack and take out the stuff you don't need. Leave it on the path. Continue on your journey—lighter, stronger and more sure of the fact that you are everything you need to be. And more.

Questions

What have you been carrying around for too long?

When have you believed you weren't enough?

What do you need to hear to remind you that you are enough? Write yourself a pep talk and keep it with you when you need it.



**“What I once saw as the end,
now seems like it’s only the beginning.”**

J.S., 2008

Reflection

Stand up and slowly stretch your arms up and then out to your sides. Focus on a single point before you. Pay attention to its details. Now slowly start to turn around. Notice what the world looks like as you turn. What stands out? When you find your way back to the place where you started, look at the same point. Does it look the same? What changed—the point or you?

Questions

What is something that felt like an ending that was really the beginning of something good?

What is one thing you would like to start? Why?

Reflect on a time you learned to see something in a different way.

What caused this change?