

**“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.”**

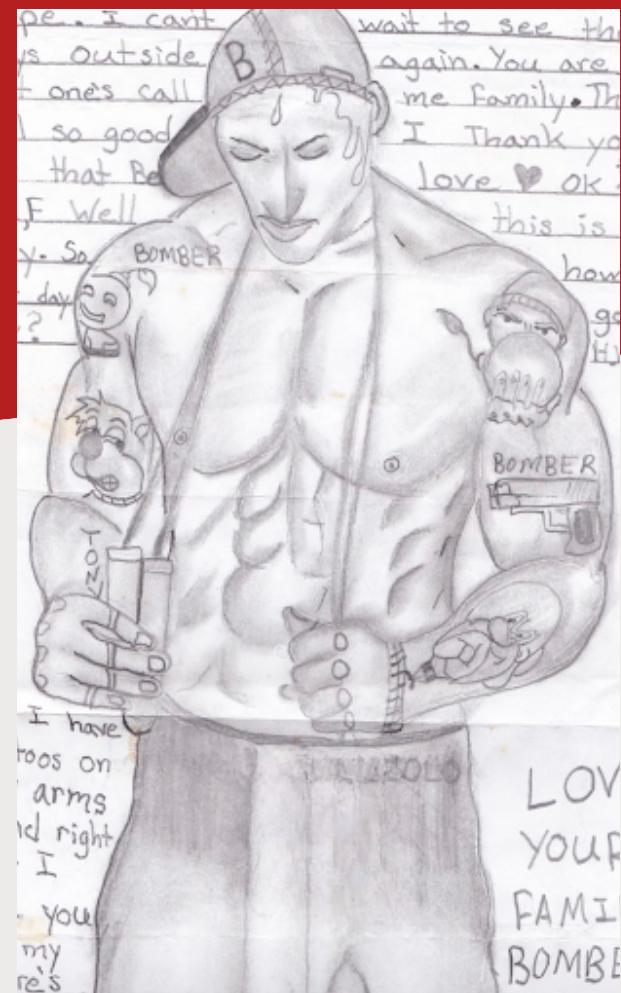
Gabe, 2017

### 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.