



A Promise

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for Anna and Madison and all those carrying our future

If you have no wish, how can it possibly
come true?

Seth Godin

This day I vow that my life is not the
sum of my activity.

I am not what I do.

I have nothing to prove.

How glorious the splendor of a human heart
that trusts that it is loved!

Brennan Manning

This day I recognize the breath in my lungs
is a *gift*.

My calendar should not be my enemy.

I may not get tomorrow.

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

Carl Sandburg

This day quiet is not optional. It is *essential*.

I will speak less, so I can listen more.

I acknowledge those who intersect my path
are not there by accident. And they do not
exist for my convenience.

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

Ralph Waldo Emerson

This day I remember that life has no rewind
button.

I refuse to surrender to screens an excess of
moments that I can never get back.

I will live the best of my life offline and less
of it online.

Art is long, and Time is fleeting, And our
hearts, though stout and brave, Still, like
muffled drums, are beating Funeral
marches to the grave.

Henry Wadsworth Longfellow

This day I will speak love and grace. I will
extend mercy.

I will not suffocate my soul with assumption
and unforgiveness.

I will see a need and meet it.

We need to forgive and be forgiven every day, every hour increasingly. That is the great work of love among the fellowship of the weak that is the human family.

Henri Nouwen

This day I hope for the future and dig deep
for my passion.

I live bold the depth of my heart and share it
without fear.

I am okay with not being liked.

A ship is safe in harbor, but that's not
what ships are for.

William G.T. Shedd

This day I will laugh so hard my sanity is
questioned.

I will be generous with apologies.

I will say I'm sorry first, out loud.

Never ruin an apology with an excuse.

Benjamin Franklin

This day I give away what I no longer need.

I do not buy what I cannot afford.

I live to take care of people and not things.

A life not lived for others is not a life.

Mother Teresa

This day I hold the one who cries and invite
the one who is lost.

I answer the call that interrupts my plans.

I believe I can offer joy and find it when I
give more than I take.

The life I touch for good or ill will touch
another life, and in turn another, until who
knows where the trembling stops or in what
far place my touch will be felt.

Frederick Buechner

This day I count the cost of unkind words.

I multiply encouragement.

I let someone else go first and speak last.

The best portion of a good man's life – his
little, nameless, unremembered acts of
kindness and love.

William Wordsworth

This day I may not be noticed.

But, I will notice others.

I will seek to *see* more than be seen.

Unless someone like you cares a whole awful
lot, nothing is going to get better. It's not.

Dr. Seuss

This day I will pray.

If only to say thank you...

again and again and *again*.

Do not spoil what you have by desiring what
you have not; remember that what you now
have was once among the things you only
hoped for.

Epicurus

This day I promise to embrace.

And be embraced.

For these days are fleeting and great are the
needs, and few are the givers.

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi



Kathryn Adams is a writer and wonderer.
She breathes deep a lot and relishes a good
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