

*S*ustaining the Journey presents...



As a tool to draw us out of the COVID-19 vortex, and to help sustain your journey through the week, Bob Soeder and Mary Hrich offer this weekly dose of inspiration:

“Let joy be in your journey – not some distant goal.”
– Tim Cook

“The present moment is filled with joy and happiness. If you are attentive, you will see it.”
– Thich Nhat Hanh

Tim Cook is the CEO of Apple, whose leadership style focuses on people, strategy, and execution. His philosophy suggests we want to be the pebble in the pond that creates the ripple for change.