

Sustaining the Journey presents...



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

“Don’t just...

Don’t just learn, **experience**. Don’t just read, **absorb**. Don’t just change, **transform**. Don’t just relate, **advocate**. Don’t just promise, **prove**. Don’t just criticize, **encourage**. Don’t just think, **ponder**. Don’t just take, **give**. Don’t just see, **feel**. Don’t just dream, **do**. Don’t just hear, **listen**. Don’t just talk, **act**. Don’t just tell, **show**. Don’t just exist, **live**.”

– Roy T. Bennett (*emphasis added*)

“Don’t cry because it’s over, smile because it happened.”

– Dr. Seuss

Roy T. Bennett is the author of The Light in the Heart. He advocates choosing wisely – attitude, happiness, optimism, kindness, giving, and respect are all choices. (We suggest revisiting this quote all week! It’s a lot to absorb.)