

*Each of our lives is a gift - a blank canvas on which we can choose to paint what we wish. Every moment of life, we are creating: our experience, our thoughts, our words and our actions are all instances of our ability to bring forth something where nothing existed before.*

*When we are on track, we brim with vitality, joy and purpose. But we do well to remember that nothing in life remains static and the same. Our purpose is to celebrate each day and to take bold steps to live a life we love - but also to correct our course when we have wavered.*

*Whether in each moment we feel the joy in what we are doing or have a sense of discontent - both are messages from the life force that moves within us. This is the same life force which causes tiny green shoots to sprout in darkness and seek out the light, gazelle calves to stand and run just minutes after they are born, and which causes everything on this planet to seek growth and expansion.*

*We can chose to view life as a kaleidoscope of opportunity, and decide to embrace change and growth, rather than to view it as a battle for survival, which we aggressively or wearily navigate.*