

Midweek Pause: Character



“It’s not what happens to us that determines our character, our experience, our karma, and our destiny, but how we relate to what happens.”

–Lama Surya Das

CONSIDER: all that you may encounter in the day ahead, every single experience from the forgotten appointment, the downed internet, a surprise phone call, the kiss from your child, sitting in traffic, standing in line; each and every experience is an opportunity in itself to deepen character.

Within each instance is the potential to enrich and grow or remain stuck, unconscious, self serving. We don’t need to travel far or enroll in a course to develop character, we only need to wake up and show up to the school of our daily life.

DO: write yourself a reminder today in whatever manner that works for you. A sticky note on the computer screen, posted on the front door, your bathroom mirror, or write on your hand the words, “building character.” Then take advantage of the lessons today holds and let your reminder gently guide you back when you lose your way.