

December 2014

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Some years ago I was going through a tough time personally and discovered the practice of gratitude. This involved intentionally writing in a journal what I was grateful for every day, and re-reading it every morning. I listed many things, from the mundane - "it was sunny today" to the emotional - "I am grateful for the love of my family." I found that this deliberate focus on the positive improved my outlook and I felt happier.

I know that many of us in the not-for-profit sector can struggle with the enormity of the challenges facing us and the issues we are trying to solve. At times, our...

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