

**What you do makes a difference,
you have to decide what kind of difference
you want to make.**

Jane Goodall

Every moment of every day you have an opportunity to make a difference. You decide how you spend your time and what your attitude will be.

Making a difference comes in two parts. First you need to be aware of the difference you are making. Is it a good one or a not so good one? Awareness is the first step.

Second, you choose what you want to make a difference in. Maybe you find it in your career, volunteering, family or a large scale world changing endeavor.

Ask yourself this week, how am I making a difference?

Put your hand on your heart and say:

I choose to be aware of how I make a difference.