

## Daniel's reflection for week beginning 1st May - The aim of your life is to be truly yourself, fully alive and grateful

To blossom into the best possible version of yourself, to grow into your full power, to find your own voice and to use it, to live out your most precious dreams – that is the purpose of your whole life, the reason you were created. In the end, that is what good teaching, good parenting, good friendship, good religion and good are are about – to convince you of the beauty of your own 'wild and precious life', and of how to make it flourish. To be fully alive is the greatest gift you can give to yourself, and to the universe. 'Don't ask what the world needs. Ask yourself what makes you come alive. And then follow your heart. Because what the world needs are people who have come alive.' (Thurman Whitman). Take a moment now to ask yourself what makes you feel alive.

*'To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.'*(William Shakespeare)

(The Happiness Habit p3)