

Blah blah blah….I cannot with those people who are all talk and no walk, who say one thing and do another. The world is in shambles and all I hear is endless meaningless chatter. And the actions I see don't align. Ugh!

[Focus, Connie …just breathe… remember this is a gratitude-themed blog].

Anywho…speaking of walking the talk. I know one action alone can't sum someone up, but actions really do speak louder than words. And it's the little patterns in what we do that shape who we are and how we're seen. Fortunately, there are many others who really do walk the talk.

As I reflect on the role actions play, for instance, in my spiritual life, I recognize the impact of the people who lead by example—no matter their age—both those who are still with us and those who have passed on. These family members, friends and wise mentors show me the values I want to live by, guiding me on this journey and sharing invaluable lessons on love, resilience, and compassion. That's golden.

I've been fortunate, blessed, really, to have strong examples of faith, dignity, principles, and morals in my life, and I am truly grateful for their presence and influence. Truly, I wouldn't be who I am without them.

To my young readers: Live and lead by example, because your actions can inspire others in ways you might not even realize. Put your money where your mouth is!

So, who in your life walks the talk and inspires you to put those words into action?
What are you thankful for today?

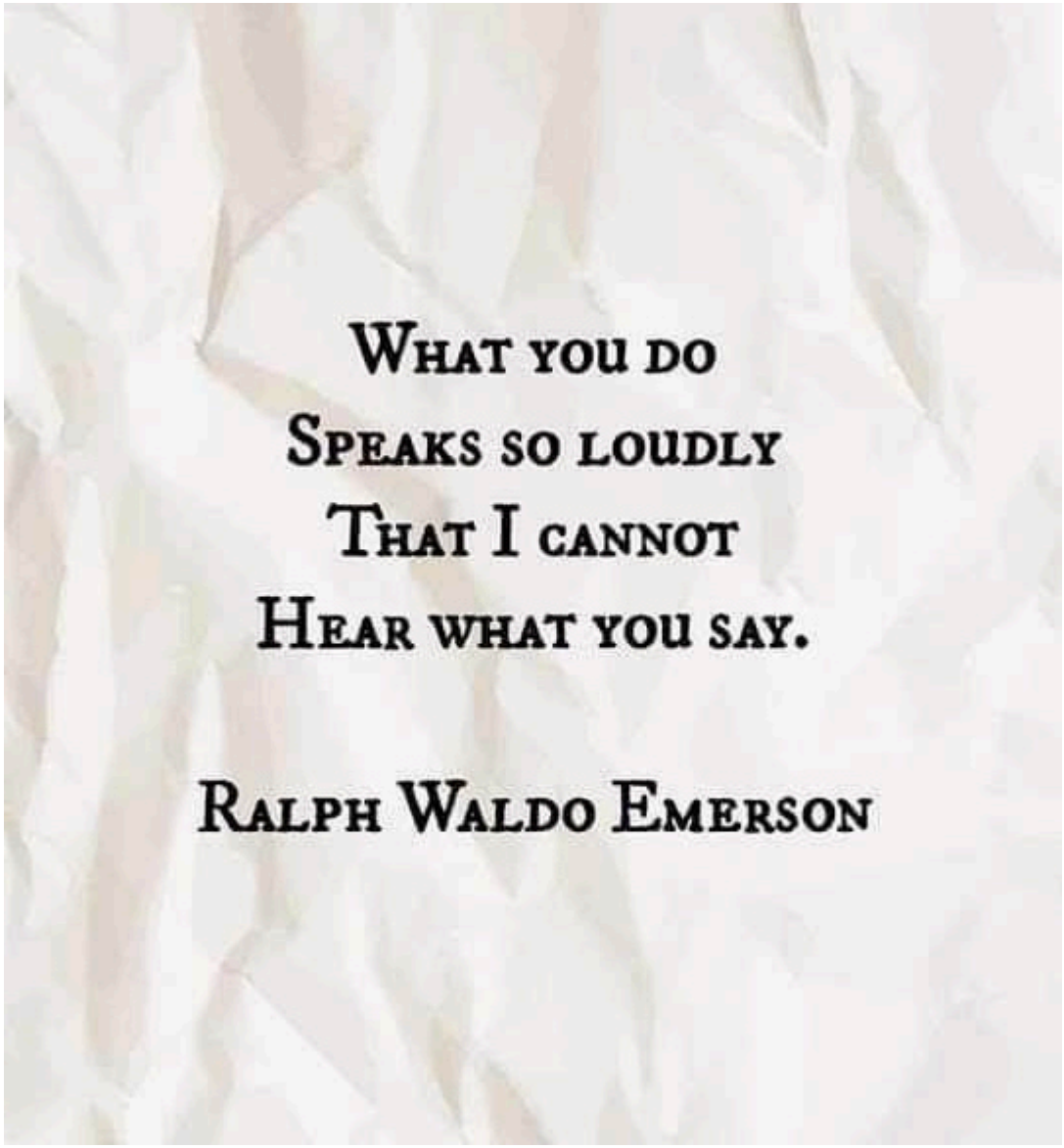
Until next Thursday´s post…si Dios quiere.

"Talk doesn't cook rice."

-Chinese Proverb

"The deeds you do may be the only sermon some persons will hear today."
-St. Francis of Assisi

"It is no use walking anywhere to preach unless our walking is our preaching."
-St. Francis of Assisi



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