

Say what you will, you are what you do.

Before the January momentum wears off, this is a great thing to keep in mind. Every new year always starts with good intentions and all the things we say we want to change. We mean well. We really do. But I've learned that real change doesn't come from what we say we're going to do, it comes from what we actually do, day by day.

So I say let's not focus only on resolutions or words. Let's focus on actions. Make this year be less about what we promise and more about what we practice. We can do it!

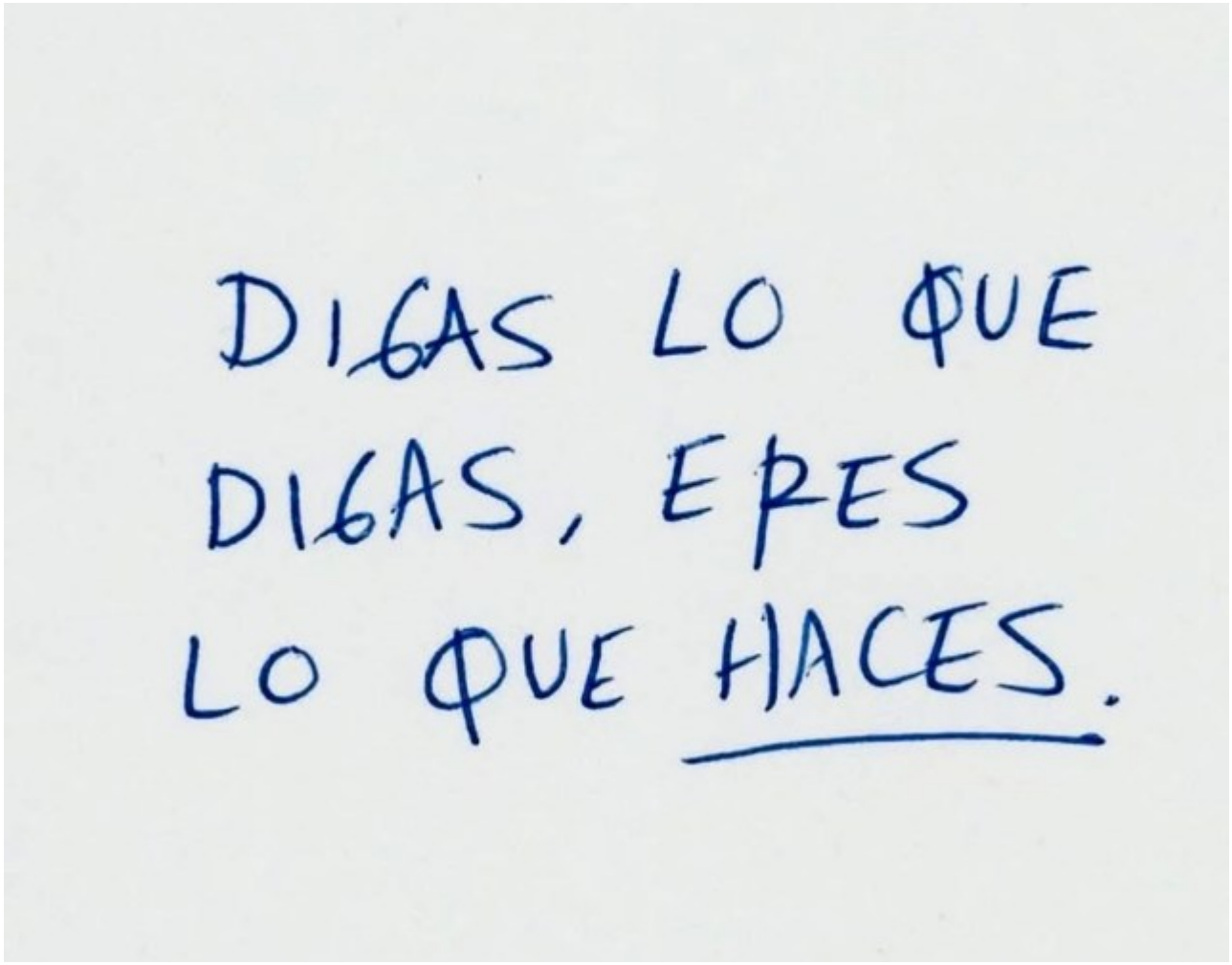
Today, I'm grateful for the chance to keep trying and practice what truly matters.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Well done is better than well said."
-B. Franklin

"Let your faith be shown by your actions."
-James 2:18



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