

May 9, 2020



(framedbysarah.com)

Grit and Grace are abundant in all of us. During this current time that we are facing it dances with us daily. Sometimes we feel more gritty than graceful, as we work to face a constant challenge that doesn't let us forget that it exists, that doesn't let us define the ideas that make us feel familiar or even comforted in ways that were definite not so many days ago.

It is our grit that keeps us moving on, reframing and reshaping while holding the new rules and parameters. Grit presents ability to maintain the essentials of the must that are ever more important Grit builds confidences in the carrying out of essential needs that we all have, allows us to face the systems that we must to ensure safety in ways that are heightened to make us vigilant. Our grit keeps us being the best versions of ourselves in the ever-changing situations that we face. Days of indecision and lessened directions- our grit helps us maintain, but it's the our grace that supports souls to keep on in the hard times. Our grace allows being kind and sharing the best parts of who we are as we can!

Let's continue to be gracefully gritty! We are all in this together.

-Kerry