

A Good Day!

Yesterday, I had a good day. What is a good day anyway? You know in a typical life you only get about 30,000 days altogether. What makes one of them extra special and good for you? There are so many things over the course of time that we have heard or experienced that makes us remember a day above others. I'll bet we have all heard or said, "that makes my whole day." And sometimes that comment simply follows a compliment, a small gift or token, or the like. Sometimes we recall being in a certain spot, or having a certain *feeling*, or experiencing a certain thing and a good day has been had. Right now I am in Jamaica and the weather is fantastic. The breeze off the Gulf is wonderful. The views are spectacular. And in that respect it is a good day.

Yesterday, however, it wasn't a compliment, or my location, or a feeling that made me mark the day as special. Since taking this new job, I am away and on the road a lot. When gone, I think about family, friends and home. Some in my circle are currently going through some struggles. What often makes a good day a very good day for me, is when I know that those within my circle are themselves having a good day. Yes, when others are happy, I truly feel it along with them.

Yesterday, I made some calls and talked to some family and some friends that lately have had some challenges. This day all was quiet and no one seemed to have any major hurdles. In fact most everyone was having a good day. Believe it or not, when I went back to doing "my time" on the road, and thinking about those I care deeply about, I thought about everyone's situation and my day was made better, all because of what I had learned. It seems that empathy sometimes comes whether we seek or not. Today, I felt good because others shared good with me. Life is so communal isn't it?

Oh, I won't say that I am always so gracious and focused on others. After-all, I'm rather human indeed. And sometimes when something happens specifically for my benefit it certainly does makes my day better. Yesterday, however, my thoughts were on others. Considering that it isn't always easy to normally breathe, live, and walk in their shoes, when they shared that burdens were few and life's blessings were many, I felt it too. This has all reminded me again of how influential one can be even when you don't see it. So allow me to start and share something that may have a small influence with you. I'm having a good day. I hope in a small way that makes your day better too!

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