

1.12.25

Today's inspiration comes from author Jamie Varon. She writes...

Most optimists are not born that way. They are created.

When the world asked them to harden, they softened.

When they experienced pain, they vowed not to give that pain to others.

**When they understood the lineage of trauma,
they healed instead of continuing the pattern.**

**Optimists are not people who have never had a hard day or
a hard season or a collection of hard years.**

**Optimists are those that have walked through the fire and
decided that love, hope, resiliency, and compassion
are lighter to carry.**

**For most people, their optimism is hard-won. Fought for.
An act of brave resistance in a harsh, demanding, chaotic world.**

