



Saturday, February 29, 2020

## The Courage to Embrace the Ordinary

by Scott Stoner

*I don't have to chase extraordinary moments to find happiness—it's right in front of me if I'm paying attention and practicing gratitude.*

—Brené Brown

Each Saturday during Lent we will pause and reflect on the past week to consolidate what we have learned, and then to review what we have become aware of in our thoughts and responses during the week.

One thing we have learned this week from Jan Kwiatkowski's Ash Wednesday reflection is that courage is not necessarily about big and extraordinary choices, but is almost always found in the ordinary, small decisions we make every day. Courage can be expressed in the ordinary by getting up and going to work every morning, taking care of a sick loved one, cooking dinner every night, speaking up about an important cause, or being there for a friend in need.

Today is February 29, an extraordinary day, indeed. And so while we can, and do, enjoy things that are a little out of the ordinary, most of our days are actually quite ordinary. Knowing this makes the quote from Brené Brown all the more significant: "I don't have to chase extraordinary moments to find happiness—it's right in front of me if I'm paying attention and practicing gratitude."

Brené also writes about the importance of showing up for life as your real self. Doing so on a regular basis is something that indeed takes courage—not the big newsworthy kind of courage, but the type needed to show up as our authentic selves in all the ordinary moments of our lives.

**Making It Personal:** Reread Brené Brown's quote at the top of the page and note your response to it. What does the idea of "the courage to embrace the ordinary" mean to you? Can you think of a time when you have shown this kind of courage?