



# MONDAYS

*with Mike*

## Honoring our Veterans

Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. - Brene Brown

This quote from Brene Brown centers us on the challenge of the human spirit. On the one hand, we want to be courageous in all that we do. We strive to be strong and confident. Yet, when we cannot control the circumstances that surround us or the events that have arrived in our lives, our true character is exposed. We are vulnerable. Yet, we must show up and put our best into the situation. The conflict of courage in the face of uncertainty is on full display.

This reflection was undoubtedly on the minds of our brave men and women throughout history who served our country. Fear, vulnerability, uncertainty were racing through their minds as they attacked the challenges in front of them. Yet, they persevered and "showed up." We are blessed because they did.

As we honor our veterans, let's be sure to reflect upon just how hard it was for them to "show up" each day as they protected the freedoms that we hold so dear. Perhaps in our own way, we can honor them by showing up in our families, in our work, and in our communities.

Have a great week!