

DONE

I am done with reading and listening to hatefulness and disrespect. There is a lot going on in our world right now and how we handle it sets an example for those around us, especially youth. When we get upset because something isn't the way we want it, are we setting an example of perseverance, of kindness, of respect? That doesn't mean that we blindly agree with everyone else but that we can be direct and equitable in our words and our actions.

I am done with feeling unsettled. I have made it a point each of the last six weeks to share on social media at least one thing that I am grateful for. This helps keep my own perspective on the positives of the situation. I have been grateful for glorious sunsets, for sweet memories of May baskets, of time with my dog, of a much-needed conference call with college friends. I have been grateful for teamwork and a world of resources that allow me to do good work from my kitchen table.

I am done with missing my 4-H families! I have realized just how much I miss people. While my dog will be lost when I transition back to the office, she just isn't the same conversationalist as a 9-year-old telling of baking with her grandma. Or a middle-school student asking about table etiquette. Or most of all, the funny (and often eye-rolling) conversations with my camp counselors. These are priceless moments and, while my heart misses them, I look forward to when we are together and can pick those back up right where we left off.

I am done with not thinking creatively! Sometimes, having to set aside everything we know to dive into the unknown can allow incredible things to happen. I am part of several ideas across that state that are blooming into more than we could have initially imagined!

Be done with the things that bog down your day and your life; celebrate the things that bring you joy, happiness, and contentment.

Keep learning, keep showing grace and be kind.

Michelle Beran is the 4-H Youth Development Agent in the Cottonwood Extension District. For more information on this article or other 4-H Youth Development resources, email Michelle at mberan@ksu.edu or call 620-793-1910. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability.