



## Lessons of the Trail

"Be trusting. Have faith that the trail knows where it's going-- even if you don't."

"Be generous. Travel lightly. All in life is a gift. What you don't need, give away."

"Be kind. On the trail, even the smallest word of encouragement makes a difference."

"Be humble. Walking on dirt is easier on the feet than walking on pavement."

"Be human. There is no harm in getting lost--only in staying lost."

"Be a friend. Folks on the trail impact your life, if just for a moment. All too soon, they leave to follow their own path. Don't resent this. Bid them good journey. Thank them for their gift."

"Be content. Savor the small victories now, along the way."

"Be patient. When nature calls, going that extra little bit can mean the difference between squatting in a cold, wet field or likewise in a warm café."

"Be grateful. Even the smallest things on the trail are either a gift or lesson."

"Be flexible. Sometimes trails just vanish. That doesn't mean you were on the wrong path -- there's just a better one now."

"Be focused. Never look back. "Sempre diretto!"

"Be courageous. A mountain is always highest when you're climbing it."

"Be hopeful. Tomorrow is another day awaiting with the possibility of success."

"Be happy. Laughter and song are nature's tonic for adversity."

"Be aware. It is the journey that ultimately matters, not the destination."

"Above all else, love all living things on the trail. Love God, your fellow travelers, yourself."

Brandon Wilson

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