

## e-Thoughts — *Does anyone notice what I did?*

July 2015 Newsletter



*Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.*

As a Baby Boomer, I marched, protested and “sat-in” for all the important causes of the 1960s and 70s. I wasn’t exactly a hippie: My father always warned that if he saw me carrying protest banners on the TV news, he’d stop paying my college tuition! But I still had a strong social consciousness.

Through the years, I’ve always tried to do things that are generous, kind and constructive. I’ve donated, volunteered and given my time to good causes. I’ve taught my children to be giving.

But lately, I’ve started to wonder if anyone sees anything I’ve done. Or if there’s any difference in the world because of my actions. Are there fewer starving children because of my donations? Is there less disease, war or poverty because I gave my time and energy?

I’m not certain. But I did come up with one important answer: the only person who really needs to know what I did is me. I’m the one who needs to feel that my life was about more than just me. I’m the one who needs to know I gave it my all.

If you ever wonder if your efforts make a difference, consider what Michael Jackson sang about in the “Man in the Mirror.” The person you see in the mirror every day is the only person who really needs to know what you did and how hard you tried.

You may not make it into a hall of fame or history book. But if you did your best to make the world a better place, you made a difference.