

# **The Story of the Golden Eagle: Living with the Intention of Being our Best and Doing our Best**

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*A man found an eagle's egg and put it in the nest of a backyard hen.  
The eaglet hatched with the brood of chicks and grew up with them.*

*All his life, he did what the backyard chickens did, thinking he was a backyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would thrash his wings and fly a few feet in the air.*

*Years passed and the eagle grew old. One day he saw a magnificent bird flying high in the sky. It glided in graceful majesty among the powerful wind currents, with scarcely a beat of its strong, golden wings.*

*The old eagle looked up in awe and asked "Who's that?"*

*"That's the eagle, the king of the birds", said his neighbor, the chicken.*

*"That would be so wonderful, to be able to soar like that!" said the old eagle.*

*But, the eagle lived and died a chicken, for that's who he thought he was.*

Adapted from "The Song of the Bird", Anthony deMello

**Each day we can choose to be our best and do our best.**

**We can affirm our inner goodness and our strength and our capability to make a positive difference in the world each day. We acknowledge we are a part of a family and a community and do not just live for ourselves. We acknowledge we're not perfect, but, we intend to be our best and do our best.**

**I intend to be my best and do my best today. With integrity and courage, I take full responsibility for my actions. I intend to make life better for all people I encounter today. I know my true values and intend to do my best to live them.**

**I realize I have much to be grateful for and share my good fortune with others.**

**I am optimistic. I do my best to make/allow good things to happen. I realize every life has good plus bad. I endeavor to make good things come from bad or painful experiences.**

**I am a loving, compassionate, and kind person and I show kindness and compassion and behave in a loving manner towards others today. If someone does something to harm me, I forgive him/her. If I do something to harm someone, I honestly admit my mistake and make amends for the harm I have done, ask for their forgiveness and forgive myself.**

**I have talents and gifts and use them enthusiastically in creative and productive ways to contribute to a more wholesome life for my family and my community.**