

# What I Learned Today-A Short (and I hope inspiring) Poem

What I Learned Today: Reflections on a very challenging day...

Irene Becker, [www.justcoachit.com](http://www.justcoachit.com)

*"Love is the affinity which links and draws together the elements of the world... Love, in fact, is the agent of universal synthesis."*

*Pierre Teilhard de Chardin*

**Today, I learned that love is the foundation for all.** Love directed at service, love directed at letting go of our need for validation and transforming it into contribution, love in letting go of judgment, love in embracing and accepting one's strengths and also deficits, love in embracing the gift of life. Love in the opportunity to become a consistent learner and leader who shares and contributes with head, heart and soul in alignment. Today, I learned that love is the foundation for all.

Yours in service, Irene

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