



“Don’t judge
each day by the
harvest you reap
but by the seeds
that you plant.”

Robert Louis Stevenson
Novelist
(1850–1894)

Our days are full of tasks to be accomplished. We have our to-do lists for the day and we manage our days through our calendars. And as one item is completed, we cross it off. How satisfying is that moment? It is a wonderful feeling for a second, and then we move on to the next item on the list.

At the end of our day, we reflect back on all the things we accomplish. Some days we feel proud of the work we did and some days we feel like we could have done more. The reality is that there is always more to be done. More meetings to participate in. More projects to plan and execute. More tasks to be crossed off the list.

Celebrating our accomplishments is a great thing and we should do it more often. But what about all the items that are not on the to-do list? A conversation with a colleague. A “thank you” email sent. A smile shared with a scared patient. A “hello” to a stranger.

We tend to not focus on these things because we often do not see the impact they make. Yet, we are sowing seeds of connection. These are the seeds that lead to a strong root system. We might not be able to see them grow. We might never actually see the harvest they reap. But the more seeds we plant, the wider our reach is.

Continue to celebrate the tasks you accomplish, and start getting into the habit of also celebrating the moments in between. It is often the small gesture that people remember the most.

What is one seed you planted today?

How can you help others recognize the seeds they are planting?