

# Daffodils



- For many people, daffodils represents hope and resilience, as they bring a splash of colour and sunshine, and announce the beginning of Spring.
- What brings hope and positivity into your life? How can you surround yourself with the people and things that make you smile?
- In the Greek myth, Narcissus fell in love with his own reflection and pined away. Rather than focusing on yourself, and your own circumstances, is there something or someone else that brings hope and meaning into your life?
- How can you affirm those around you and help them flourish?

***You normally have to be bashed about a bit by life to see the point of daffodils, sunsets, and uneventful nice days.***

*Alain de Botton*