

A Vision for Tomorrow: Gratitude

As we wrap up the 2018 holiday season and begin a new year in 2019, many of us save our expressions of gratitude for this time of year. There is evidence, however, to support that acts and thoughts of gratitude should be shared year-round. Gratitude simply means appreciation of things that are valuable or meaningful. For this season of gratitude, I am most thankful for you, our Academy members.

American author Melody Beattie once said, "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Over the past year, I have thought a lot about the Academy, specifically how it was created and why. This aspect of our history allows all audiologists to make sense of our past.

Because of this reflection on the past, we have a new endeavor this year, the Past Presidents Advisory Council. I am thrilled that the vast majority of Academy past presidents agreed to embark on this journey with me. I am truly grateful for each one of them and the wisdom they can share to help our current leadership navigate into the future of the Academy and audiology.

Taking the time to be thankful and appreciative for tangible or

intangible things promotes positive emotions and builds strong relationships. This daily gratitude does indeed bring peace for today.

As the president of the Academy, I have had conversations and e-mail exchanges with many members. These help build relationships for me with many audiologists I might have never met. Also, all of your kind words of motivation to me just over the past few weeks in this position also brought peace and encouragement on a daily basis.

As we create a vision for tomorrow based on gratitude, know that it takes all of us to implement change. You might have noticed a change for our future just within this *Audiology Today* issue—our new editor-in-chief, Erin Schafer. I am very grateful to Dr. Schafer for accepting this position with such great enthusiasm and a readiness to embrace this role. I also send appreciation and gratitude to Dr. Dave Fabry for making this magazine one of audiology's favorite publications.

Sometimes change comes quickly and effortlessly, but many times it takes long periods of time to see even a small amount of change. I am extremely grateful for the continued encouragement and engagement



from membership. I wish you all a grateful and happy New Year! 

A handwritten signature in black ink that reads "Lisa Christensen". The signature is fluid and cursive.

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