Gratitude at Marian

Featuring: Lorelei Egert ‘28

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Who has made a positive impact on your life?

“I would say my friends have made the greatest positive impact on me because no matter what is going on during school, sports, or home life, I can depend on them for a distraction or support. My cousins have also had a big impact on my life even though I only see them a few times a year. However, i think because we do live so far apart it makes getting together so much more fun and special and i constantly look forward to seeing them”

Can you describe a moment when someone showed you kindness?

“One specific moment someone showed me kindness occurred during my freshman year when I was pulled up to practice with JV and varsity. I was so nervous out of my mind about messing up, not knowing anyone, and about letting the team down in their time of need. I had just made another mistake during practice and a senior pulled me aside and said “it's ok to mess up, we all do it, even the senior starters mess up, you have plenty of time to grow into a great player and you can't expect perfection.” This small act of kindness meant the world to me and I have carried it with me throughout my volleyball career and in many other aspects of my life.”

How has your definition of gratitude changed as you have gotten older?

“I do believe my definition of gratitude has changed since I've gotten older. When I was younger I would be grateful for the obvious and bigger things in my life like the people and opportunities I've been given. However, as I've grown up I have paid more attention to the small moments that make up my life. Recently, I have been more grateful for things like a deep conversation with a friend, eating a good meal, or even just a sunset. These smaller things that I may not have thought to be a big deal ended up being a huge impact on my view of the day.”