



My Journey

Description

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I read a blog post awhile back that asked you to list ten things youâ€™ve learned in the past decade. My immediate reaction was, I have no idea! It seems like it would be such an easy question,

but it's funny how often we don't stop to reflect upon it. These are a few things I've learned along the way. I actually went over ten.

- I've learned that things don't always appear the way they seem .
- Holding on to grudges only hurts you and not the other person.
- To have true peace and happiness there is only love.
- Happiness is a choice.
- Everyone wants to feel validated.
- We are responsible for our own life.
- Don't take anything personally. It's not about you, it's about them.
- Everyone has their own journey in life.
- You lose yourself when you're constantly trying to please others.
- Think before you speak. I keep relearning this one.
- An open heart is much healthier and a better way to live than with a closed one.
- Anything is possible when you believe it.
- Trust in God- He is our foundation, creator, rock and where the peace is.
- Don't be afraid to dream. Have a vision for your life.
- Things I worried about 10 years ago don't matter today.
- You have to work at your relationships.
- Follow your intuition. It has all the answers you need.
- Love yourself, be kind to yourself, believe in yourself!
- Don't waste time comparing yourself to other people. (another lesson I need to work at)

What are some of the lessons you've learned over time?

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