

BLUEPRINT to your best life



My Favorite Life Lessons

1. Don't make any major decisions or take any actions from a negative emotional mindset. Wait until you're in a better headspace.
2. If you do something wrong (you're human, it's going to happen), admit it as quickly as possible, and apologize if necessary. You'll feel better.
3. If you don't learn the lesson, the problem will keep showing up for you.
4. Pick your battles, and don't hold onto grudges. If you want healthy relationships, let the little things go.
5. The past no longer exists, and the future hasn't happened yet. Your true power is in this moment. How you feel right now is creating your future. So let go of the past and make peace with your present if you want a better future.
6. We are all connected. Hurting someone else is only hurting yourself. Treat others the way you want to be treated.
7. Don't rely on others to make you happy. That's an inside job.
8. If you're living life as your authentic self, you'll start to notice other people's opinions of you don't matter as much because you know you're living your life as your true self.
9. If you want to improve your personal development, start taking positive, beneficial risks. I also recommend spending time alone to get to know yourself on a deeper level.
10. You're attracting into your life what you think (and feel) whether you want it or not. If you want a better life, start choosing better-feeling thoughts.
11. People aren't watching you and analyzing your every move. Most people are too concerned about themselves to focus on how other people are acting. Be yourself, and don't worry about what anyone else thinks of you.
12. As Marie Forleo says, "[*Everything is Figureoutable*](#)." (Great book, btw) If you want something bad enough, you can figure out a way to make it happen. Start looking at the situation from a solution-focused perspective and stop thinking and talking about the problem.
13. Be kind to yourself. You spend all your time with one single person. Don't you think you should treat yourself with the love and respect you deserve? Start paying attention to how you talk to yourself. If you're saying things that aren't kind, it's time to reframe your inner dialog.

14. Walk your own path. Don't do what people think you "should" be doing if it's not what you truly want. This is your life. (*Despite the societal pressure, my husband and I chose not to have children. You can read about that decision [here](#) if you'd like.*)
15. It's totally normal to feel uncomfortable and insecure from time to time. There's absolutely nothing wrong with you if you feel that way.
16. Focusing on what you're grateful for is one of the best ways to shift your emotional mindset and attract more of what you want into your life. Start a gratitude journal and write in it every day.
17. The quickest ways I've found to lessen anxiety are through square breathing, meditation, journaling, exercise, and spending time in nature.
18. Look at people who have what you want as evidence and inspiration that it's possible versus a gauge for what you're lacking.
19. Forgive yourself for what you think you did wrong in your past. You're a different person now. It's time to let it go.
20. Forgive others as well. Holding onto negative emotions isn't good for your mental or physical health.
21. Live your life with love, integrity, kindness, honesty, and authenticity, and that's what you'll attract back.
22. It's not the quantity of friendships that matters, it's the quality.
23. Keep learning and growing. Try to learn something new every day.
24. We teach people how to treat us. If you're in a relationship that's causing you pain or you don't feel valued, it's time to take a good hard look at your situation. Either find a way to change it or move on. Love yourself enough to make your happiness a priority.
25. Get really picky about the energy you surround yourself with every day, and try to limit negativity. (news, social media, energy vampires, etc.)
26. Take good care of your body, and it will treat you well in return. You can still indulge and have a healthy body. It's all about balance.
27. Always trust your gut. You already have the answers you need inside. You just have to quiet the mind and tap into your intuition. (Meditation is a great way to do this.)

28. When you're feeling down, remember that what you're going through is temporary. Things will get better.
29. If something feels too heavy to handle on your own, talk to someone you trust about it, whether that's a friend, counselor, or mentor. Talking it out will help you process your emotions and get a different perspective.
30. Stick to your values and make sure your actions line up with them. That's how you build self-love and trust.
31. Make time for the things that make you happy. Life is meant to be enjoyed!
32. If something is meant for you, it's going to happen. Have faith in the larger plan.
33. Failure can happen on the way to achieving big goals. Learn from it and pivot if you need to, just don't give up!
34. When you're feeling overwhelmed, try not to look at the big picture. Just look at the next small step and then the next...
35. Remember, life is what happens when you're making plans. You're in it right now. How do you want to see your life one or five years from now? Are you creating a future you're excited about?