



Lessons for a Resilient Life

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Lesson #1

Take opportunities when they
come along –

Know you are worth it

Lesson #2

- ▶ **Meet people where they are at in life – accept where they are, without judgement or criticism – this includes meeting yourself where you are at**

Lesson #3 -
Accept the
journey

EXPECT THE
UPS AND
DOWNS, AND
ENJOY THEM

Lesson #4

Strive to be better,
to improve, to
learn new things,
new skills, etc.

***Perfection is an
illusion***

Lesson #5

The Universe has your back!

Trust the Universe

Listen to the universe...

*Pay attention to
the messages the
universe sends
your way*

Lesson #6

It's Ok to ask for help sometimes

▶ **WE ALL NEED HELP SOMETIMES**

Lesson #7

What we have been thru doesn't define us

- ▶ YOU CAN DO ANYTHING YOU SET YOUR MIND TO
THRU HARD WORK, COMMITMENT AND
PERSERVENCE

Lesson #8

Healing past traumas

- ▶ *Takes time and work, and isn't always a linear process*

Be gentle and kind

- ▶ *To yourself first and foremost and then to others in your life*

Lesson # 9 – *It's ok to say no*

*You can't always be a 'yes'
person*

Setting boundaries is necessary



You can develop many
valuable skills when you
put your mind to it

LESSON #10

Lesson #10

Trust Your Gut –

It's telling you something

Lesson #11

**Other people won't always
understand or agree with your
choices – *and that's ok***

Lesson #12

**Everyone has their own lesson to
learn in their own time**

Lesson #13

**Don't assume –
it makes an A** out of u and me**



The kind of life and love
you deserve will come
when you least expect it

LESSON #14

Lesson #15

Know that you are deserving of the gifts you have been given.

Be Grateful Every Day