

## **LIFE LESSONS**

*As you strive to achieve your life balance,  
these behaviors can lay the foundation for your journey.*

**Be deliberate with your life.** Your life is up to you and what you make of it. Don't just let it happen to you. Be deliberate in the decisions that you make and the paths that they lead you to.

*Pat McCarty*

**Start your day with quiet time.** My day always seems to go better when I start it with some quiet time for meditation. This quiet time helps me set my energy level, think about what I want to accomplish, get in touch with who I am, and confirm who I choose to be.

*Val Schmitt*

**Look forward.** Don't live your life looking in the rear-view mirror. When you make a mistake—big or small—don't sit there and kick yourself forever. Do what you need to do to recover, learn from it, and move on.

*Pat McCarty*

**Choose to succeed.** Ordinary people can accomplish extraordinary things. Success simply requires a commitment to see something through to its end.

*Ann El-Moslimany*

**Let someone know you love them.** Keep in touch with your family and your very close friends—the people you love. As you read this, consider calling someone special.

*Robert (Bob) Douglas Berry*

**Listen to your own advice.** If you find yourself overwhelmed with stress, calmly ask yourself, "What advice would I give to a friend in this situation?"

*Jenny Lind Berry*

**Dreams keep you going.** Everyone should have dreams and aspirations, which are motivating, keep you going, and give you something to deliberately strive for.

*Bobbie Casey*

**Consider your options and make a plan.** When facing a hardship, the most useful first step will be to consider your options, then map out a strategy to deal directly with the hardship, and then execute your plan.

*Malcolm (Buck) Marsh, Jr.*

**Enjoy things as you go.** Don't put off the important and fun things until later. Later can have a habit of never arriving.

*Pat McCarty*

**Pay it forward.** The ripple effect of my actions—my deeds—has all kinds of implications in a world where everything is connected to everything else.

*Charna Cohn*

**First take care of yourself.** Prioritize yourself before all others. The greater your self-fulfillment, the more you will have to offer others. If you don't take care of yourself first, you can lose yourself and lose your happiness and sense of fulfillment.

*Pat McCarty*

***"Ideas to help you become more successful."***

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These tips are presented in the book: *The Gift of Wisdom: Lessons for a Lifetime* by Neal Whitten.