

40 LESSONS

AFTER 30 YEARS

31 LEARN FROM OTHERS

We can learn a lot from observing the success and failure of others. Watch those around you, ask questions, reapply positive techniques, and avoid mistakes.



32 CHANGE YOURSELF

You are the only person that can change your situation. Instead of asking the Almighty to change others, ask for wisdom and strength to change yourself. The greatest changes start within.



33 OPPORTUNITY BRINGS CHALLENGES

Nothing good comes without effort. Don't expect an amazing career or family without knowing these bring responsibility and demand action. The higher the admission price, the better the show.



34 BE PATIENT

Life doesn't always unfold on our timelines, and we need to exercise patience. Good things come to those who plan and prepare. Sometimes hitting the pause button on life is the best solution.



35 PICK YOUR BATTLES

You can't address every challenge, and some aren't worth the effort. Always ask, is this mine to fight and what happens if I win or lose? If it's truly yours and the consequences are worth the effort, then pursue.



MORE GREAT IDEAS TO IMPROVE YOUR CAREER AND LIFE

36 ASK GOOD QUESTIONS

Bad advice is often the result of asking the wrong question. Focus on solutions, not problems, when asking yourself or others. For example, instead of asking 'why am I failing?' ask 'how can I improve?'



37 LET IT GO

Holding onto pain and disappointment will make you miserable. Would you continue to hold onto a burning stick or let it go? Forgiveness brings liberation and prevents further harm.



38 CONFIDENCE IS CONTAGIOUS

Knowing your significance and believing in your abilities changes your view of the world and how others see you. Realistic understanding and self-confidence expand in your life and create empowerment. Know your value and live accordingly.



39 TIME IS LIFE

The only commodity in life you can't store, save, or replace is time. Once gone, it never returns. How you spend your time is how you spend your life. Invest your time in things that give long-term dividends.



40 OWN IT

Throughout your entire life, the only person always looking out for your wellbeing is you. Others may assist but won't be there from start to finish. Remember this and be open with yourself and others about feelings and desires.

