

30 LESSONS AFTER 30 YEARS

MORE GREAT IDEAS TO IMPROVE YOUR CAREER AND LIFE

21 NEVER STOP GROWING



Learning is important, but only half of the equation. Growth requires us to adapt and change. Mistakes will always be part of life and we don't need to dwell on these, but ignoring them omits the opportunity to improve.

22 FEEDBACK IS A GIFT



We often see things the way we want versus how things really are because of our personal biases. Honest and thoughtful feedback helps us overcome this limitation. It takes courage to share the truth and receive candid feedback. Always be thankful when receiving and consider how to apply, when appropriate.

23 HAPPINESS IS A CHOICE



Happiness is a contract we make with ourselves. When specific criteria are met, we allow ourselves to feel good or be happy. Criteria that often bring happiness include employment, relationships, income, physical condition or social status. Instead of allowing circumstances to dictate when we can feel good, just remember you're alive and able to change your circumstances.

24 DON'T COMPLAIN

Nothing is resolved or accomplished by just complaining. Highlighting issues and differences is important, but don't stop there. Offer solutions or ways to resolve when the opportunity is given, or greater challenges will likely result from complaining alone.



25 MAINTAIN BALANCE

Wearing multiple hats at the same time (spouse, parent, employee, student and friend) can be difficult. All are important, but some require greater attention at times. With so much going on, it's easy to lose focus on other roles or neglect our self-care. Always keep a balance and ensure there's time for yourself and other important duties.



26 ACTIONS AND OUTCOMES

Apple trees come from apple seeds, not pear or sunflower seeds. The same holds true for our thoughts and behaviors, meaning that what you give is what you get. The greatest book of wisdom says 'you reap what you sow' and it's the absolute truth.



27 DON'T COMPARE YOURSELF

It's ok to learn from others, but we shouldn't compare ourselves. This leads to disappointment, at best, and resentment or feelings of inadequacy. Celebrate differences and accomplishments of others, but never forget your journey is unique.



28 DIAGNOSE FIRST

Understanding is critical to planning and taking the appropriate actions. Sometimes we get distracted and focus on the symptoms of a problem versus the underlying issue. Doctors diagnose before they prescribe, and we need to do the same. This is also the case with interpersonal conflict. Remember, there are always two-sides to a story and the truth is often somewhere in the middle.



29 DO IT NOW

Now is the time to get started on important activities or finish those which have already been initiated. Seize the opportunity to act or resolve issues since problems don't get better with time. Delaying means lost momentum on important activities and can also imply a lack of importance or interest.



30 GIVE BACK

True giving is a choice and not part of your position or affiliation with a group. The reward is simply knowing you improved someone else's situation.

