



mindset

December 2019

. Life Lessons .

**Be bold.**  
Be real.



FOUNDATIONS

Say  
**YES**  
and worry  
**LESS**

②

There were parts of myself that I still  
**wasn't fully comfortable**  
or happy with



Don't let other people's perceptions  
of you define  
**who you are**



**Loving yourself**  
is one of the most important and powerful  
things you can do in life



People can and WILL  
**surprise you**

③

Based on what a lot of my childhood felt like, today **I wonder how many other people don't feel safe** (but put on a brave face)...  
This helps me be more empathetic towards others

**Listen deeply to yourself;  
trust what you hear.**

I wonder if there is a relationship between the **greatest challenges** we face as individuals and our **greatest strengths**

### Self-awareness

Being more conscious of your own thoughts and taking a moment to double-check if what you're anxious about is based in reality or if you're drawing on insecurities.

### Self-care

Knowing that your mental health comes before anything else and learning what self-care looks like for you.

### Self-improvement

Everyone is capable of becoming a better version of themselves.

Thinking about  
**the start**  
and  
**the end**  
of life gives  
**perspective**



Think about what we  
**really value**

Life is a massive  
ADVENTURE...

**Live**  
**it!**



# [ My 10 Commandments ]

1. Respect one another

2. Be truthful, not hurtful

3. Be Kind

4. Don't tease

as my mum always says, never tease a terrier

5. Everything in moderation

yes everything, not just food, drink etc

6. Give love but also give space

7. Get outside into the wonders of nature.

If you ever need to put life into perspective, do this

8. Don't be jealous of others.

It's a waste of time and their lives are just perceptions of what you think you don't have

9. Set clear boundaries

10. Laugh, find situations in life and just laugh

even though they weren't funny at the time

My imagination and ability to convince myself of things are most likely the reason why I today have anxiety.

Therefore,  
**my own worst enemy is also my biggest quality**

**There's no right way to be human**  
and trying to learn people a right way will most likely damage rather than help.

**Adulthood is a made-up concept**  
trying to make people responsible or conform

You're most likely the same person now  
**as you were as a kid**



Everything  
**works out**  
in the end.

