

Things I would say to my younger self...

FEEL THE FEAR AND DO IT ANYWAY!

I bought Susan Jeffers' book with the same title in 1994. I never read it! The title of the book was all I needed. I have lived these seven words every day since I first held the book in my hands... *Feel the fear and do it anyway!*

EVERYTHING, YES, EVERYTHING HAPPENS FOR A REASON...

The lessons learned from difficulty make you stronger, smarter, and more resilient. The lessons are coming your way for a reason... embrace them, learn from them, and bring them forward to share with others.

LEARN TO SET BOUNDARIES...

In work... set high standards; yet, don't think you must do everything.

In love... love deeply; there is no other way!

In family... family first. Keep your arms, and your mind wide open, always.

BELIEVE IN YOURSELF...

The way others believe in you! Self-doubt serves no purpose. Marianne Williamson says it brilliantly, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. ...And as we let our own light shine, we unconsciously give other people permission to do the same."

BE BRAVE...

It's in your nature. You ain't no sissy girl! Be brave as others need you to teach them to be brave too!

DON'T PUT OFF HAVING FUN...

You're too serious! All work and no play makes you a dull... human!

YOU WERE ONCE TOLD YOU WOULD MAKE A GREAT TEACHER...

You hated the thought. A teacher, never! Now, it is the ONE THING you love doing the most.

AND THEN THERE IS WORK...

Don't take it too seriously... the work! Take yourself seriously... the things you say, the things you do. Remember, the things you create become your BRAND. Take this work seriously. Do your best, give your best. Leave behind a legacy of making lives better because you were there.

ANYTHING IS POSSIBLE...

A book will come your way and will change your life; The *Art of Possibility* by Rosamund Stone and Benjamin Zander. This will become your favorite book and your favorite thought. Why? Because, one day, you will believe *anything is possible!*

And, finally, someone will come into your life and ask this of you...

"BE EXTRAORDINARY, LIVE AN EXTRAORDINARY LIFE!" And you will say YES!