

A WORD WITH YOU

Self-reflections of the soul define those bittersweet moments in life that resurface now and again, catching us off-guard, showing up unplanned and uninvited, and asking us the questions we would rather avoid altogether on an otherwise ordinary day.

What is self-reflection?

Wikipedia says:

"Human self-reflection is the capacity of humans to exercise introspection and the willingness to learn more about their fundamental nature, purpose and essence."

What do you wish you had known when you were younger? What have you learned from the mistakes of your past, from the choices of your life, and from the roads not taken and dreams yet to fulfill?

We do not wake up one day and decide to reflect on the yesterdays of our youth. We instead go with life's flow until something along the way prompts us to stop and think. In that moment, we realize that before we can plan for more of the future, it would be wise to learn a little from the past.

Self-reflection does not make an appointment to show up. It seeps in from the invisible corners of our mind, spills over from the edges of our heart and finds a way to capture our attention. Self-reflection starts slow but builds up fast. A song, a voice, a smell, a picture, or a mere thought can all trigger the memories buried long ago and bring them to surface faster than any diver can swim up for air.

Does self-reflection not realize how busy we are these days? This is not the Stone Age where we would sit around the caves and watch the sunsets or bask in the moonshine—we now only dream of those activities as exotic vacations!

We are very busy people now. The Internet is here. Did self-reflection not get the memo? We now have things to do, stuff to read, people to keep up with and places to explore—even if only on our computer screens. In short, we are far too busy to stop and think, much less to stop and reflect!

How can we make time to reflect on our entire past? And why, pray tell, should we go through the exercise at all?

These are very fortunate days and times we are living in. Our advancements in society and technology make so much accessible to so many. Being caught up in it all is our way of participating in the New Age. It is exciting, adventurous and filled with opportunities. Being busy is our response to the 21st century's lifestyle demands.

Being busy, however, does not slow down the hand of time; in fact, it seems to oddly speed it up. The more we rush, the faster time flies. The more we pursue, the quicker our days fill up and the sooner our hours come to an end. And yet as we grow older and richer in experience, our deepest desires gravitate toward finding meaning, purpose, and fulfillment in life.

Self-reflection can be the beginning of this. It can be a way to lock into the beat of our own hearts in this fast-paced world. Self-reflection can ground us long enough to clarify our journey ahead.

Self-reflection can provide a safe haven to re-examine the

past. Even if we have abandoned it to the depths of our consciousness, with careful introspection and reflection, we can slowly walk to the edge and muster enough courage to call out to our past. We can still define the means to come to terms with our past and learn from it.

When we stop to reflect on our lives, we naturally slow down as we process the memories, the experiences, the various circumstances and the people who walked in and—sometimes—out of our life. We reflect on the little person we were and on the innocence of our youth. We remember our first dabs into society and we cannot help but feel compassion and love for our younger self.

We were new to the world then. We were at the beginning of life's journey. We were full of dreams and visions of the future. How have we measured up? Can we slow down long enough to take in the years and to reconnect with that younger self?

We begin to see our past decisions as the best ones at the time. We did our best with all that was available to us then. We learn to set aside blame and anger, disappointments and regrets, because we have wasted enough adult years with them.

Instead, we learn to let go of the heavy burdens of regret and what-ifs. We choose to grow instead and evolve into our very best self. We accept whatever happened and choose to see the better reasons in the way things unfolded as they did.

Self-reflection can stir different reactions from each of us. It can tease, torment and thwart our forward momentum. It can distract and dilute our peace of mind with unnecessary reminders of days long abandoned for reasons deeply buried away. Or it can annoy us by entering "replay" mode at times,

returning us to the same persistent spot and repeating the same incident over and over.

Memories—dormant or active, repressed or treasured, old or recent—all contribute to who we are in the present moment. Memories are an undeniable part of us; they have shaped us into who we are today.

Self-reflection does not meet with all of us in the same manner. We each have our own relationship with the past and reflecting on that past stirs quite naturally unique emotions for each of us. But with the right approach to self-reflection, we can even redefine and reshape the way we see our past, our childhood, and even ourselves.

Can we learn from our memories through introspection?

Can we rebuild our relationship with our memories through self-reflection?

Can we emerge as a better person from self-reflection of our past?

The answer lies within you. We only aim to open your eyes to the possibilities.

In this eBook, we explore Life Lessons learned through self-reflection and introspection. With participation from 108 bloggers, we have amassed gems of Life Lessons from across the globe crossing over many cultures, nationalities, continents and age groups.

HOW TO READ THIS EBOOK

Imagine a garden of wisdom with each fragrant flower in it acting as a nugget of knowledge and illumination. Take a walk in the garden. Either go down the main path from A to Z or just scroll around and see what calls your name. Life has a way of bringing to you what you need to hear and act upon. Follow your intuition and you will hear exactly what you were meant to hear.

NOTE: Clicking an authors name will take you directly to his post on his blog.

A NOTE TO THE AUTHORS

In order to make this ebook more useful and relevant to the readers in general, we have taken the liberty, now and then, to edit your words accordingly.

CREDITS

All photography in this eBook including the cover photo is by Prolific Living, taken from travels around the world. If you are interested in learning more about the photos, contact Farnoosh.

ABOUT US



SELF IMPROVEMENT BLOG www.abubakarjamil.com

Abubakar Jamil is a 39 years old, Pakistani blogger and the founder of the Self Improvement Blog—Abubakar Jamil.Com. His blog is about Rebooting Your Mind, clearing away the mental and emotional clutter and living effectively.



PROLIFIC LIVING www.prolificliving.com

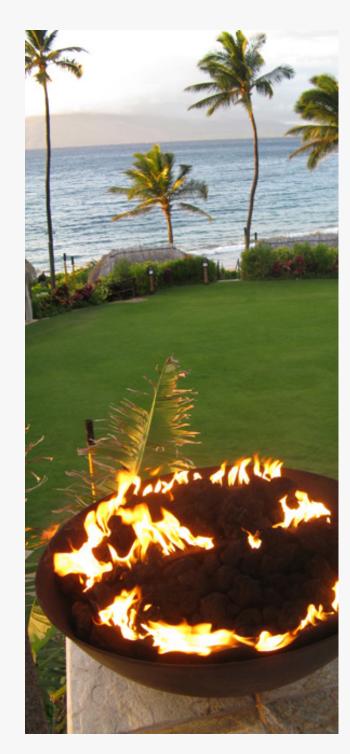
Farnoosh Brock is the creator and writer at Prolific Living, a blog about cultivating an original and soul-enriching life with smart habits for rich living. She talks about empowering your ideas into actions and she crushes the everyday fears and excuses by opening your mind to space and possibilities.

We, Abubakar and Farnoosh, were incredibly moved by the stories we were initially receiving on Life Lessons Series.

We wondered that if a handful of bloggers and writers can tell such powerful stories, what can we gather with bringing the energy and wisdom of 100 bloggers together.

We were ecstatic to meet not just 100 but the number 108, which is considered an extremely special number in many spiritual beliefs and philosophies around the world.

So we give to you the best of the amazing lessons of these 108 bloggers. We remain truly grateful to them for their participation. Their lessons come from the heart and we believe that reading them shall transform you, just like they have transformed us.



ABUBAKAR JAMIL

If you are unable to make a living while doing what you love, don't stop doing what you love.

Change your friends if they do not share your values. It won't kill you or your reputation.

Find your own God. Don't believe in what they tell you about God. Find Him within you.

FARNOOSH BROCK

I wish I knew how to just drop an argument when I can hardly remember what on earth I was arguing about two days later. Only heartache remains after a silly quarrel or even an intense one. This is the bitterest lesson of all in the intimate relationships of our life!

There is no way to know what would've been or could've been. Regrets are pointless. What is done is done. Whatever happened happened. There is only a path ahead, a life to live, lessons to learn and an evolution of the mind and heart which eventually leads us to exactly where we need to be and precisely whom we are meant to become.

EVITA OCHEL

Today I know that true love has no strings attached—no expectations—no conditions. Whether it is between parent and child, lovers or friends, true love can exist.

STEVEN AITCHISON

I wish I'd known that not being "well-off" didn't mean I didn't have a rich life.

I wish I'd known that failure was an option.

I wish I'd known that change is inevitable, and rather than fighting it, I should have befriended it.

JONATHAN WELLS

Knowledge becomes wisdom only through application.

DRAGOS ROUA

Avoidance is not a solution. Withdrawal is not a solution. Whenever life puts a violent crisis in front of you, live it. Be there and do your thing. Not only will you emerge stronger and wiser than before, most of the time, you'll realize the crisis was much easier than you expected.

TIM BROWNSON

Every negative thought you have helps build up a pattern of negative thoughts. Every time you tell yourself you're not good enough, rich enough, intelligent enough, attractive enough, you cement that belief. So don't do it!

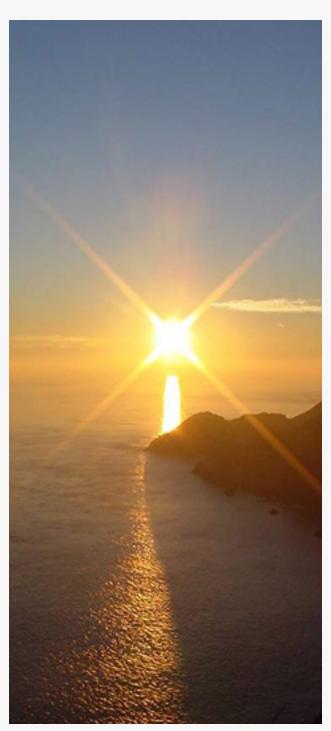
BRETT HAGBERG

Reading makes you smarter – it helps with your memory, it helps with your writing, and it helps with your speaking skills – all things that are incredibly important. You'll be exposed to more ideas, and increase the size of your vocabulary. It keeps your brain in great shape.

LANCE EKUM

Life here on this earth is a wonderful and amazing gift. I do not take that for granted today – this beautiful gift called life.

My hope for each of you is that you take a moment to reflect on you, and on the amazing gift it is to be here and traveling through this journey of your life.



DIA THABET

Happiness is an internal emotion. Instead of looking for happiness outside of ourselves, we should look inside.

UZMA HYDER

People remember you for what you gave, how you helped and what you shared.

We have the power of choice over our thoughts. Choose good thoughts. Always.

JOY

As I reflect back upon my childhood and every later stage, I know that each and every experience was Divinely placed to stitch together my personal tapestry. I would not change anything.

Keep your space clean, allow for fresh air, openness, simplicity, stillness. Stretch to expand within that space, revel in that space. When the time is right, that beautiful, fresh, clean space will be full of all that is good.

HAIDER AL-MOSAWI

"But I'm too ignorant" isn't an excuse. You need to develop your own thinking apparatus to understand life for yourself. You can't borrow other people's brains or their conclusions.

Your well-being is your own responsibility. It's silly to put other people's interests and concerns before your own so that you can be considered "moral" (because it would also mean that you're going to demand that others put your concerns before their own, otherwise they'd be selfish good-fornothings).

JAY SCHRYER

My whole life, I have been taught to bust through the wall. Smash it to smithereens. Obliterate the obstacle. This is the way of the warrior, and it is highly respected in most cultures. It's the way of the Samurai, the medieval knight, and the gunslinger. I have always admired these kinds of people and wanted to emulate them. So, I became a warrior, a fighter.

However, about six months ago, my perspective changed. I learned that you don't have to break down the walls. You don't have to smash the obstacles. I learned that if you just sit quietly with yourself, and look at the wall from many different angles and different perspectives, you will find a path around the wall.

TIA SINGH

Everything will be fine in the end. If it's not fine, it's not the end. I wish I'd known that when life sucked, it wasn't going to suck forever and all one has to do is wait out the wave.

Your parents were doing the best they could. Forgive them and quietly listen to your heart to tell you what to do with your life.

Throw tantrums in private. Express yourself fully but don't take it out on people you love.

NABANITA GHOSH

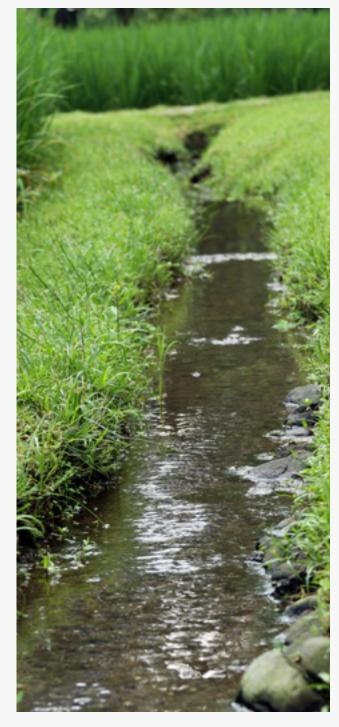
I wish I could have done a little more to bring comfort to my father in his deathbed when he died of cancer. I never told him how he was like a Banyan tree for me. He was my savior against all odds. I should've expressed my love for him.

SIBYL

Be happy walking until you can run and then it is time to try to fly.

It is unnecessary to prove to other people that you are right.

If you look at things from the right





perspective, they will always point to at least one truth.

DARIJA ZUBIĆ

I wish I knew that some of my unnecessary and impulsive actions could hurt other people really badly. Now that I know that, I also understand that other people can hurt me without any actual intention to do so, and without even knowing that they are hurting me. So now I can forgive them.

I wish I knew that there is no other reason to enter any relationship but love, and love cannot be forced upon anyone.

S. ALI MYERS

Your health is directly reflective of your diet and lifestyle. Your well-being is a mirror of the condition of your mind, body and soul. How you live, what you think and what you eat affects your holistic being.

MANAL

You always have a choice.

Don't do anything because you must. Do things that you want to do. When you are a child, you may not know what's best for you. So you follow the advice of adults. But when you grow up, you will have the wisdom to know for yourself. Don't let anyone tell you otherwise.

ERIC WATERMOLEN

Everything works out. This lesson was an ongoing one. With my worry-free philosophy, I gradually noticed that everything always works out.

RICK HAMRICK

When we are faced with something unexpected, our natural response is to ask for a brief timeout as we consider the consequences of that event.

JEAN BERG-SARAUER

Don't be possessed by possessions.

Stay off the main roads.

The world is as big or small as you make it.

If you want a better life, think better thoughts.

Not everyone will like you.

TONY TEEGARDEN

It's okay to allow your child-like self to be free and creative. You don't have to sacrifice one for the other. It is possible to live your life with a child-like wonder.

KATIE TALLO

I wish I'd known that bees don't really want to sting me, they just don't know any better and sometimes they've been stung too.

PREETI

The only person you can change is yourself.

Need and desire for change has to come from within. Without it, no matter how good and convincing the thought is, people will not change until they want to change themselves.

JOHN ANYASOR

Arguments are pointless. Arguing to change someone's mind is one of them.

Is there really a point to arguing? Unless it's absolutely necessary, I've learned that it's better to hold your breath on things you can't control at all.

MARION ANDERSON

When you love yourself, you become less critical of yourself and more understanding of others. You fear and worry less because when you have love in your heart, fear does not exist.



UTPAL VAISHNAV

Silence is the secret to sanity – I was shocked to discover that I invested my energies in speaking, speaking and speaking for many years to win an outspoken personality award amongst friends and family.

The day I learned to become silent, I really learned to listen. Listen to the many things I was not able to earlier. I discovered that speaking took up a lot of energy that could have been used in understanding. I discovered that the listening habit took my communication to the next level.

ZEENAT

Losing hope was one of my biggest mistakes. Once my hope was restored, faith in my own abilities and the abilities of The Maker just came so naturally. I was able to see beauty again. I was able to love again. When I say love, I mean Love! The magical beautiful love that we all are part of. Today I Love openly. If I feel Love for someone, I express it. It has become so much a part of my being that without it, I don't think I would be me.

RAAM DEV

Time is a currency that appreciates in value and simultaneously decreases in quantity over the course of your life.

There are only a few things really worth spending time and money on in life. Family, education, and more time are some of them. Yes, just as you can spend time, you can also buy time. You can pay for time through getting rid of things in your life that require your attention.

Fulfill your crazy childhood dreams as early as possible.

SANDRA HENDRICKS

Each aspect of our lives has a distinction that allows us to learn. There is a definite difference in observation and judgment, stubbornness and determination, helping and enabling, etc. This defining contrast affects our outlook, behavior and actions.

LINDA GABRIEL

I had just experienced the amazing power of Micro-Gratitude. You see, gratitude and depression are incompatible. You literally can't feel them both at the same time. Whenever you experience appreciation or gratitude,

you actually change your biochemistry.

JEAN BURMAN

For most people the wakeup call comes in the midst of life, at a time when our seemingly insurmountable responsibilities and endless challenges reach an all-time high. We realize as if for the first time that we have been living our life on an ever faster spinning wheel.

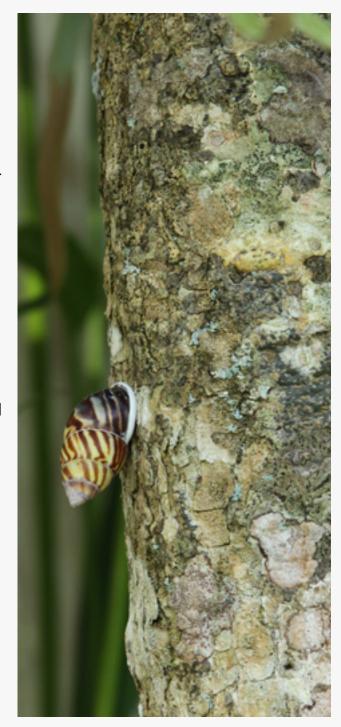
Regardless of how old you are or how young you might still be for that matter, there has never been a better time than NOW to realize your hopes and dreams! Go on... get out there and BE AMAZING!

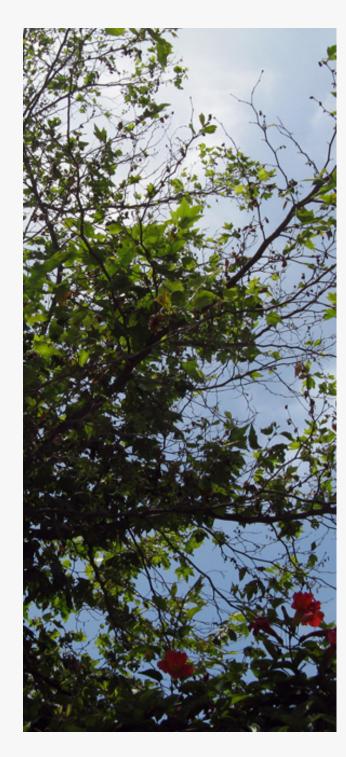
SARAH PALMER

Value your energy. So often in life we find ourselves in jobs that leave us feeling tired and drained, or in relationships which do the same. Find what energizes you, what excites you and leaves you feeling fulfilled and full of energy. Never allow yourself to take this for granted or just give it away.

NADIA BALLAS-RUTA

Contrary to popular thought, things do not happen to you. You create your reality. It is like when we were in school. Our grades were earned and not given.





The same holds true in life. What we experience is what we have earned.

So if you are not happy with your life, do what you can to change it. You are far more powerful than you know.

AILEEN

Speak up - You must do this. The more you do it, the easier it will become and the more you avoid it, the harder it will be later on. You know how awful it feels when you want to speak up but you don't, well unfortunately that won't change. When you silence your voice, you'll always regret it.

Meditate, pray and connect with the Divine — Do this daily! When you don't spend time with the Divine, with God, with Spirit, you will feel frazzled and stressed. Connecting keeps doubt and fear at bay. Life can be wild and chaotic so have stillness within.

SANDRA LEE

The biggest mistake made in life is automatically taking all phenomena to be real, solid, permanent, lasting. By phenomena, I mean the Self, the world around you, and all the transitory thoughts and emotions that arise in your mind and the minds of others. Although

on some level you may know this to not be the case, the hidden assumptions of permanence and solidity are the very ones that run the drama behind our entire existence.

PHIL BOLTON

Life is the sum of the memories we make. This is why taking risks is worthwhile – risks lead to memories – amazing, tough, adventurous memories.

The best way to enjoy life is to live it to the full and make some amazing memories.

EL

Wanting to change does not belittle the person you're moving away from. It doesn't make the old you a bad person. You got to where you are with that person. That's worth going back and smiling about.

AJA TRINIDAD

I always tried my hardest to achieve perfection. I would've saved myself a whole lot of trouble if I'd only known that perfection doesn't even exist!

MATT GARLAND

Humor is the gateway to endless

happiness. Even if you aren't inherently comedic, you have a sense of humor within you. Find more ways of letting it out. You'll be happier for it.

ARVIND DEVALIA

You can't save the whole world singlehandedly, and we can't all be a Gandhi or a Mandela, but you can certainly make a difference to one person at a time. So look for ways to contribute.

MELISSA KARNAZE

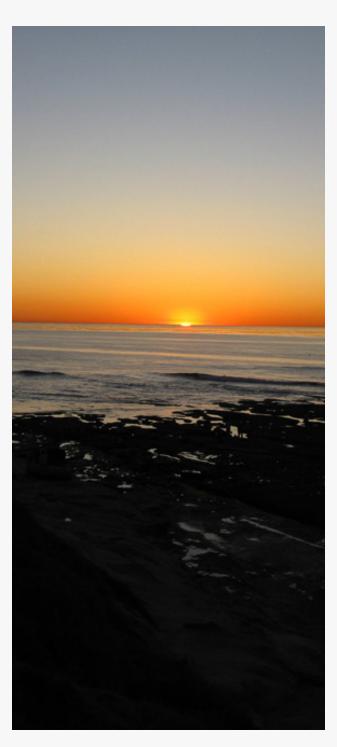
You can't take on someone else's problems and feelings; otherwise you'll do no good as a source of support. Don't let the boundaries between where they end and where you begin blur because you need those boundaries to exist.

LEAH MCCLELLAN

Everyone has their own life lessons to learn but, in many cases, learning from others can shed light into our own halls of education so we can see our lessons more clearly.

DAVID CAIN

Spend your time and money on things that make your life better, rather than things that make you feel good.



EDUARD EZEANU

Perfectionism kills productivity.

TESS

I didn't know when I was young that bullies weren't as tough as they seemed to be. Put-downs were about others and had nothing to do with me. Today I internalize love, nothing else matters. I believe today my safety lies in my defenselessness.

ANDREA DEBELL

"I don't know anything". I realize now that this is actually a very good thing. It would have saved me and others a lot of grief if I had learned this sooner in life. But in reality, there is always a perfect timing for us to learn each lesson.

JOE WILNER

The moment you start to feel like the world is too much to handle is the moment you cease to grow and develop into the person you are capable of being. Understand that you always have control of your attitude and in doing so, you have the opportunity to transcend past life's obstacles.

DANI

The people you want in your life aren't always the ones you need in your life.

SUZIE CHEEL

I can't control what you think. I can respect that you will have different thoughts from mine, and how boring life would be if we all thought the same.

TIA PETERSON

Pause at least 3 seconds before responding to any question. It's amazing how many thoughts you can have in 3 seconds. If you give yourself at least 3 seconds, you'll have enough time to choose the best one.

STACY

A lot of times it can seem that people are out to get you but most of the time they are not. Most of the time other people are too focused on themselves to worry about you.

When they do things that make your life more difficult than it needs to be, chances are they are looking at their own interests and not even giving any consideration as to how their actions affect others.

ANGELA ARTEMIS

Slow down. Take one day at a time. Don't live in the future. Don't put off happiness for when you've accomplished this or done that. Time goes way too fast. Before you know it you'll be through half your life, and you will not have enjoyed the journey, and the accomplishments will feel empty.

LYMAN REED

For most of my life, I'd let the fear of failure stop me from doing much of anything that would stretch me, anything that would allow me to grow as a human being – because I didn't want to do anything that fell short of this idea of perfection that I'd constructed in my mind.

SAMAR OWAIS

One of the biggest issues I had online was trying to get everyone to like me. Sure, people like me well enough. But online, likable is forgettable.

Be true to yourself and people will either love or hate you. If everybody likes you, you're not doing it right.

ROSEMARY HANNAN

Always trust your instinct. Your inner





voice knows what's right for you.

Your Spirituality is between you and God. Only!

It is your choice whether you hear or whether you care about the opinions of others.

SANDI FAVIELL

Say what you want. You don't have to have it all figured out. Just say it. Speak your dream out loud.

Stop looking for the answer. Ask a new question instead.

ANASTASIYA GOERS

The trick about life is that we are never in full control of our lives. While we can try our best to be the best we can be, sometimes things just happen. They just do.

I have learned to enjoy my life this very moment and not to worry about things that I have no control over. I am grateful for what I have right now and while I make plans for the future, I still make sure that I can enjoy every moment of my life now, not 10 or 20 years from now.

LYNN FANG

It's okay if someone doesn't like you.

Embrace your quirky contradictions as being authentically human and as the source of your individuality.

AVANI MEHTA

Being sad is all right. It really is. So is being angry, frustrated, worried etc. You can't choose to feel positive emotions all the time. If you feel negative emotions, remember it's normal. And anyways, the question is not whether you can feel them or not; the question is what will you do with these emotions and for how long are you willing to feel them?

GAIL BRENNER

We view the world through the lens of our minds—our ideas about things, rather than the actual reality of things. And these stories rarely bring us peace. They divide the world into good and bad. When we focus on our internal storytelling, we are setting ourselves up for unhappiness and turmoil.

ADRIENNE JURADO

There's just something incredibly satisfying about arriving at your destination on your own two feet.

I've learned to ask "why?" and "how?" in a whole new way. Though I've always been asking these questions, I now carefully consider the answers I get. Do they make sense? Have they come from a credible source?

C. A. KOBU

People who aggravate or irritate you might be reflecting a certain quality you also have. What disturbs you too much or too often could be related to a deeply rooted issue you have. So be gentle and understand before you judge.

CORINNE RODRIGUES

There's nothing that beats a grateful heart. I've learned that it's true that your blessings multiply in direct proportion to your gratitude—the more you are grateful, the more you have to be grateful for!

MICHELLE RUSSELL

You're human, and that's a package deal which comes with all sorts of imperfections. Trust that all of your efforts are made in good faith, and that you're doing the best you can at every moment based on what you've learned so far.



NEA

The most important person for you to be good to is you. It is only when you learn to be good to yourself that you become a better person for everyone around you.

TOM SÖRHANNUS

When you walk the mainstream road, it usually means you follow in other people's footsteps, letting them decide how your life should be. It's an easy way of living. When they are upset, you get upset; when they are pleased, you are pleased. You read the newspaper or watch the news and think it is the truth. Waking up from this dream can be a shocking experience.

BRYCE CHRISTIANSEN

Life tends to be full of change and this makes it hard to have control over everything in our lives. However, the one thing we do have more control over are the relationships we develop. It's these relationships that really help when life tries to make the changes we are not prepared for.

CHRISTOPHER FOSTER

Does life seem transitory to you sometimes? Consider the possibility

that at the core of your being you are immortal and unchanging.

ROB RAMMUNY

Never take your failures as regrets. Take them as a learning experiences because that's what they are. If you gave up because of a failure, then you are a failure. It sounds harsh, but it's the truth. However, if you continue to get back up, no matter how many times you fail, you are a success.

OSCAR DEL BEN

Blaming is useless. Self-discipline is the way to go. Self-discipline is probably the most important skill you can learn. You need discipline to work on your most important tasks and avoid distractions. Self-discipline is a skill that you learn with practice, and it's probably the single most important secret to success.

DIRK (DIGGY)

Hardly anything ever goes as planned. That's life and that is what makes life awesome.

You never know at what point your perfect life is going to crumble or at which point your crappy life is going to turn awesome. Try to think about

possible situations that could happen and be prepared how to act in case those situations occur.

MARS DORIAN

Make it a commitment to become emotionally independent of your surroundings. Just watch the drama unfold—people scream at you, they laugh at you, and they deride you. Those "hits" are all mental and don't affect your physical health.

Whenever I'm in the crossfire of words, I silently say to myself "it's just energy". I encourage you to do the same!

IRVING

Change is the only constant in life. Everything in life changes and this is why we always have to plan and be prepared. To do otherwise would leave us unable to seize the opportunities or to avoid the pitfalls in our way.

ALEX BLACKWELL

When you feel weary, allow yourself to fall into the arms of someone stronger and ask to be carried. Your burdens don't feel heavy to others when their love is used to lift you up.





JENNIFER GRESHAM

Succeed once and you're much more likely to succeed again. This isn't just because your motivation climbs with each achievement. It's also because the right people are now watching you. I owe much of my success to this effect.

MARK LAWRENCE

Failure is not something to be afraid of. If I'm not failing, then I'm not taking enough necessary risks for success and pure awesomeness. If I don't fail, then I'm being safe. I'm being complacent, and this lack of failure is failure in itself. If I fail, then I'm on the right track.

EVELYN PARHAM

Things that happen in your life, that were not in your plan or were out of your control, are not always your fault. Some things just happen for a reason and a purpose. You may not understand the whys and the hows at this time, but by and by you will understand them.

EMMA

The word "No" doesn't always have to come with an explanation.

When in doubt, forgive.

When people show you who they are, believe them.

Master a recipe for something obscenely delicious.

When you get the chance, dance.

Honor what you feel while remembering you are not your feelings.

MARK ROBERTSON

Calculated risks are all the rage.

Everything has an extreme version—as long as there is a seat belt. Calculated risks are even encouraged by parents who want their kids to find their own path. But the truth is that miscalculated risks are the hard knocks that lead us into the expansive, tried-and-true way to live fully without transgressing too many of the rules.

GALEN PEARL

Show up and participate in your life. Woody Allen said that 80% of success is just showing up.

Several people I know have died this year. People my age. People who were busy making other plans that did not include dying. So besides missing them, I've had my own mortality in my face, up

close and personal. And if I didn't realize it before, I certainly realize now that life is short. While I'm worrying about all the things that might happen in some future I might not even live to see, I'm missing my life right now.

JIMI JONES

Having collected a library full of the finest intellectual books and materials and consuming all of its great content will bring you no success without taking action on what you have learned. This is one of the major reasons for failure.

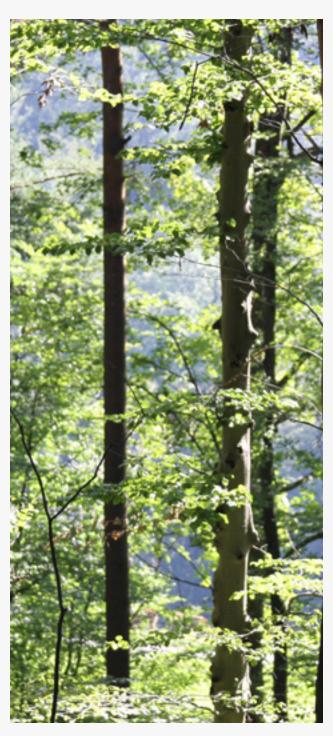
You can know everything about building a house, but until you create a plan, lay a foundation and drive the first nail, nothing will be gained.

ARMEN SHIRVANIAN

People won't believe in you more than you believe in yourself. If you believe in yourself say 50%, no one will believe in you more than 50%. Your belief in yourself is the maximum amount that others will believe in you.

TAMMY STROBEL

Words matter. Before you send an email, tweet, or publish a blog post, ask yourself: Is this helpful or hurtful? Words



have a huge impact on the people in your life, so it's essential to be thoughtful and considerate when you craft any type of correspondence.

MIKE REEVES

Without the bad decisions that plunged me into a breakdown for a couple of years, I wouldn't be kind, gentle or understanding of others' struggles and failures.

I was an arrogant young pup, not smart enough to know that constantly showing myself to be the smartest guy in the room isn't a formula for success or happiness. Though I wouldn't wish that experience on anyone, I also wouldn't wish to have avoided it, because I'd have had those lessons to learn sooner or later.

BARBARA

Forgiveness is the greatest gift you can give yourself. There's a better than average chance that the person you are forgiving doesn't even realize your feelings about them. It's not important to them, but it consumes you. There is enormous power in letting go.

JAMIE

Learn to be independent; financially and socially. You never know when something bad will happen.

If you're comfortable with where you are, get out! Comfort is death. The only way to grow is to get out of your comfort zone.

CORI

Life is meant to be lived, savored, cherished and enjoyed. Living miserably or living on auto-pilot, or living caught in the throes of "the grass is greener" syndrome isn't living at all and if that's you, it's time to wake up and stop wasting your God-given gifts.

EMIEL VAN DEN BOOMEN

You can grow as a person by showing interest in other cultures and other people. Don't shut yourself off from outside influences; let them enrich you.

KIM CURRY

Keep in touch. There is truth to the concept of three kinds of friends:

- Friends for a reason
- Friends for a season

- Friends for a lifetime

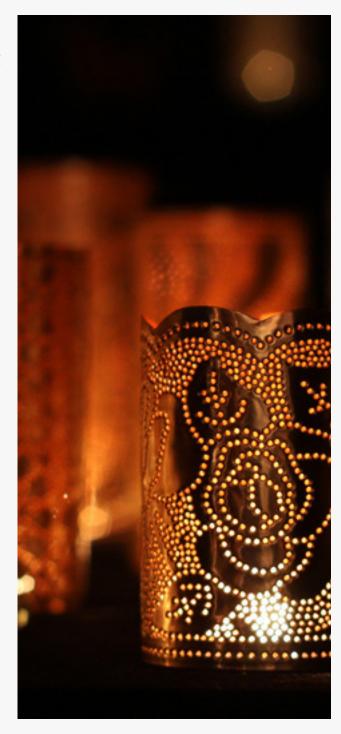
There is something magical about getting back in touch with long lost friends. The friendship won't be what it was then; sometimes it will grow, other times it will fades, but it's worth keeping in touch.

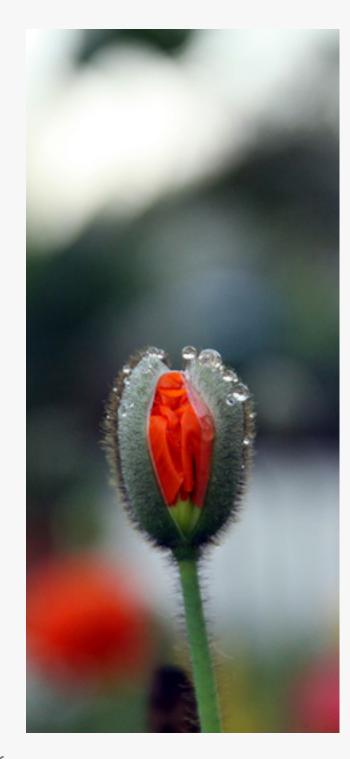
DAVE URSILLO

As we suffer, we become entrapped in our suffering. We cannot think of or focus on anything but ourselves and our pain. And yet, when we make a concerted effort to focus on others—especially, giving to others every day, even through seemingly trivial acts of kindness and smiles and good deeds—the pain and suffering in which we have become entrenched begins to leave us.

ERIN LANAHAN

I spent years of my life feeling shame, self-loathing, and disappointment over "who" and "what" I was. I don't do this anymore. I have learned that everything gets used to heal the whole. Even if we do something awful or terrible, just to learn never to do it again, there's a source bigger than us that will make it good, and all will be forgiven.





JESS WEBB

There is gold to be found in the everyday things, like pet peeves and favorites, skills and dreams, daily experiences and life-long lessons. All of these things hold a piece of what it is that makes me, me. I just have to look at them with a new set of eyes and from a different perspective to find the gold.

ZAHIB ZIAWEET

Being busy isn't the same as being productive. Narrow down how you are spending majority of your time and make sure you are getting a return on trading your energy for results.

TITO PHILIPS

Business is not different from life, business is an extension of life. They are two sides of the same coin.

ALYX FALKNER

Act in spite of fear.

JEANIE WITCRAFT

Be open. Say "Yes!" more. Release fear. Retain Respect.

Realize that you are beautiful, whole, and precious without anyone else at all.

Your life's happiness is dependent on the five people closest to you. Choose this sacred circle carefully.

EVELYN LIM

Inner alchemy happens when we are able to understand what the situations mean and undergo the necessary personal transformation. We look inside ourselves, instead of shifting blame at others. We learn to take responsibility.

QIN TANG

Everyone is normal till you get to know them. The grass is not necessarily greener on the other side.

MEENU BOBBY

Be proud of your culture and heritage.

I see so many young Indian people try to hide their ethnicity and deny their culture. They are embarrassed of where they come from. I can't imagine how boring life would be if we were all the same.

TARIQ & SHAHEERA

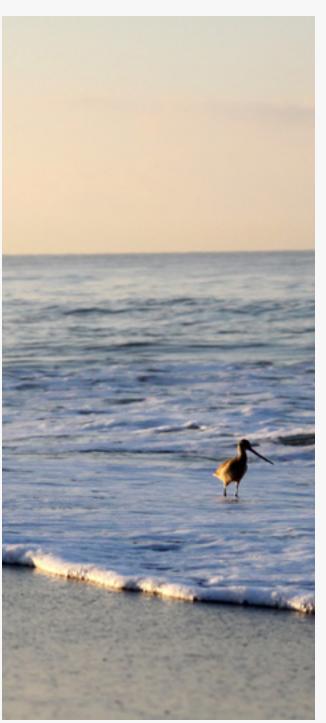
I have found peace in me since I started to just give and do without having any expectations to be treated the same. In fact, I always receive a lot of good surprises when people do things I don't expect.

RASHMIE JAAJU

I'm not suggesting this "looking ahead" attitude or philosophy is wrong. But, isn't there joy, nostalgia and meaningful learning hidden in going back to those times when youth and rawness ruled; when matters of the heart were the heart of every matter; when opening gifts after a birthday party was the most exciting event ever; when Mom meant everything and yet she would be the one taken for granted; when getting a campus placement on the first day equaled scaling the Mount Everest; and when work became life and life became work for the sake of the so-called success and significance!

FABIAN KRUSE

Here's a little secret: Living life to the fullest doesn't mean you have to be "pure walking awesomeness" all the time. Don't stress out about it. It only means that you do what you want to do. That's it. Because you've got only one life and it's up to you how you live it.



KATHIRYNNE

Don't make choices from a perspective of fear. Things have an uncanny way of working themselves out. Don't settle for something familiar just because you're afraid of the unknown.

GINA MARIE

Everyone has something that they are insecure about.

Life is too short to be wasting time not doing what you love to do despite the risks or odds against you.

ALLISON BOYER

There are moments in life that build us up, and we like to talk about those moments and hug one another and feel good about life. But really, the moments we often remember, the moments that define us, are the moments when we are torn down. We are shaped by these life lessons.

IN CONCLUSION

We hope you enjoyed the pure beauty of the greatest Life Lessons from 108 fabulous bloggers. We certainly went into a reflective and meditative trance as we read and re-read the original posts and prepared the very best quotes for this eBook. This was not easy in instances where so many rich quotes stared back at us. This is why we highly recommend that you read the full posts from the authors here, which best resonate with you. It is very likely that you will find a kindred spirit in the blogger behind the quote.

We have gladly put in the time and effort into creating this free eBook for you. We would like no greater reward than knowing that you found it useful, that you will do something differently tomorrow because of what you read here today, and that you have unlocked a way to tap into your own pure happiness and joy in life.

We have no doubt that you will take the time to share this with your friends and family to give them the same gifts of reflection and life lessons that we, along with all the wonderful other bloggers, have brought here for you.

Here's to a little gained wisdom so that we live our tomorrows far better, richer, and fuller than we ever lived our beloved yesterdays.

All the best—always,

Abubakar Jamil & Farnoosh Brock