

20 Life Lessons Learned

By Katrina J. Cummins, MEd

- 1) The script from your past does not determine your future.
- 2) Memories have no time line.
- 3) Our bodies hold onto memories on a cellular level.
- 4) Living is about 'mindfulness' not 'mindlessness'.
- 5) We all have sacred rhythms in our lives, honor them.
- 6) We all live in messy relationships.
- 7) When you are called by God, you can do it.
- 8) Certain things in life cause distractions.
- 9) We all have necessary loses in life.
- 10) Performance based behavior leads to fear.
- 11) Breakdowns lead to transformational breakthroughs.
- 12) To feel is to be.
- 13) Living is not about fitting into the 'system', but about relationships.
- 14) The true plan of God can get distracted by all our brokenness.
- 15) You are worthy to be loved.
- 16) We all have a lonely spot in our heart which can only be filled by Christ.
- 17) Stand in your personal truths every day, knowing without a doubt who you are.
- 18) You have a voice, use it.
- 19) You are a soul - life is worth living abundantly.
- 20) Congratulations for surviving! Now it's time to live abundantly.

*Katrina J. Cummins MEd is a motivational speaker and writer, helping people to live each day with intention and purpose.
For more information and free articles visit her website at www.KatrinaCummins.com or email her at katrina@KatrinaCummins.com*