

## **20 Nuggets of Gold for living**

*By Katrina J. Cummins, MEd*

- 1) Life is not about “doing”, but rather about “being who you were created to be”.
- 2) Moving from 'reactive' to 'reflective' thinking develops persistence.
- 3) Brokenness does not define who you are, but merely reflects your human weaknesses.
- 4) Welcome storms in life because when you cling to Christ for truth and meaning this anchor will hold you secure.
- 5) You are not just the product of your childhood; you can live in the freedom of who you are created to be.
- 6) You're beautiful just the way you are - if God has a fridge your picture would be stuck on it.
- 7) There are no guarantees in life - just look to God.
- 8) Happiness is a choice.
- 9) Life is tough on a good day.
- 10) Personal truths are like inflated tires that keep on you moving ahead on the road of intention.
- 11) “Happily ever after” is an illusion and a lie in our broken world.
- 12) Know yourself, but know God even better.
- 13) Thank God when He says “No” in your life – it is a gift.
- 14) Your soul is the inner sanctum of life, a place where truth and freedom dance uninhibited.
- 15) Conflict is like roughage - it cleans out blockages in your life and is healthy for the soul.
- 16) Challenges in life expose your weaknesses and strengthen your faith.
- 17) Expectations can make or break your day.
- 18) Living with intention and purpose is like nutrition for the soul, encouraging personal growth.
- 19) You are worthy to celebrate yourself every day.
- 20) Friends are like a good fitting bra, they:
  - offer you great support
  - lift you up where you need it the most
  - embrace you without question or judgment

- make you feel perky and balanced in all the right places
- are practical and accommodating

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