

## Life Lessons learned:

- It's all a process – the process is life!
- I am never alone. God is with me always and together we are one.
- We are all trying to find our way... we arrive when it is time to arrive.
- Your decision is the best choice at that moment.
- Recognize your limitations.
- Remain keenly aware of stressors affecting your body and continually make adjustments as required.
- Tolerance.
- Give up the fight and the need to “figure it out.” Be open to discovery. Be honest, with yourself and with others.
- Possessions become your burdens. Simplicity satisfies.
- Butterflies crisscross your path... always!