

40 lessons in 40 years



- 01 You don't get what you deserve. You get what you go after.
- 02 Allow yourself to love and be loved.
- 03 You cannot be a great leader of others until you first become a great leader of yourself.
- 04 There is nothing more dangerous than your ego on the hunt to prove its worthiness.
- 05 Love people enough to tell them the truth.
- 06 Find your voice, and you will find your confidence.
- 07 The bridge between your suffering and your healing is forgiveness.
- 08 You cannot love people into your version of existence.
- 09 Guilt is a sign that you walked away from the truth of who you are.
- 10 Don't drown quietly. Ask for help.
- 11 Go to therapy when you need it.
- 12 When you're not sure what to say, start with empathy.
- 13 Take time for things that bring you joy.
- 14 Believe in something bigger than yourself.
- 15 Take radical responsibility for your energy.
- 16 Stop trying to prove you belong and act like you belong.
- 17 Sometimes you will play bigger than others are ready for. Play big anyways!
- 18 Refuse to own others' insecurities.
- 19 Authenticity trumps everything else.
- 20 We can all be assholes, so give people a break.
- 21 Mind your business. Most things have nothing to do with you.
- 22 Don't give toxic people an audience.
- 23 Laugh every chance you get.
- 24 Be around people who challenge you to dream bigger and think deeper.
- 25 Relax. Most things are not as serious as you make them out to be.
- 26 It is okay to change your mind.
- 27 You always know the next right answer. Trust it.
- 28 Be a kind driver. Always let other cars over.
- 29 Presence is the greatest gift you can give someone.
- 30 It is denial that holds us back from growth, not other people.
- 31 You can honor your emotions without being emotional.
- 32 You can make something purposeful come from anything.
- 33 You're not what you think. You're what you act on.
- 34 Don't hang people's feedback on your soul.
- 35 Hold onto friends who make you feel less alone in the world.
- 36 Walk away when you are consistently being pulled out of the truth of who you are.
- 37 There is enough success for everyone. Support others.
- 38 Courageous action will take you further in life than fear ever will.
- 39 You have the right and freedom, at any moment, to redefine who you want to be.
- 40 Hold hands with people you love.