

Life Lessons

*Modified from: Forty Five Lessons Life Taught Me
By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio*

Choose one of the Life Lessons below that means something to you. Discuss why you chose it, and how it can help your recovery.

1. Life isn't fair, but it's still good.
11. Make peace with your past so it won't screw up the present.
13. Don't compare your life to others. You have no idea what their Journey is all about.
16. Take a deep breath. It calms the mind.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words "In five years, will this matter?"
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.