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Life Lessons

The Most Important
Things You'll Ever

LEARN

by Lori Deschene & You



It all starts so simply. You learn to tie your shoes, recite your ABCs, and carry the 1. Then it starts getting more complicated.

You learn that people sometimes hurt you. That even if you plan as best you can, the future can sometimes surprise you. That the things you expect will make you happy sometimes fall horribly short.

You start collecting ideas about how the world works and how you should operate within it--what to do, how to be, who to trust. Then just when you think you have it all figured out, your world cracks open and reminds you there's still so much to learn.

People often debate the meaning of life and how we should live it, but I think most agree that life's about learning. It's about being a little wiser and more self aware today than yesterday, and using that wisdom to make the world a better place than you found it.

We all have that potential within us. We're all students and teachers, vulnerable and powerful--and that's a beautiful thing. The most influential people in the world have both the courage to inspire and the humility to be inspired.

I'm honored that many of these people are connected to Tiny Buddha on Facebook. I asked them, "What's the most important thing you'll ever learn?" I've compiled their answers into a guide for all of us. You may want to read it all, or skip to the section most relevant to you. Either way, enjoy!

LOVE

1. **Love (and be loved in return).** (Molly Rice, Erin Rogers Kronman, Roberta Palynchuk, Sarah Hans, Jennifer Fulton and Amy Barron)
2. **Let your guard down with people and generally be fearless.** (Michael Love)
3. **A broken open heart is the ultimate teacher.** (Karen Murphy)
4. **You must be willing to forgive if you want to be forgiven.** (Jennifer Mansavage)
5. **You get what you give so be generous.** (Doris C. Valdespino)
6. **Love never leaves us.** (Carol McBride-Safford)
7. **Treat yourself the way you want to be treated.** (Nataša Pastor)
8. **Others can only love you as much as I love yourself!** (LeEtta LaFontaine)
9. **No matter how much you think you know you never know everything. Don't judge.** (Liza Cochran)
10. **Love the people that you are with and enjoy the moment.** (Helen Fitzgerald Formerly Clipsham)
11. **Practice kindness in everything you do.** (Karen Farmiloe)
12. **"Never allow someone to be your priority while allowing yourself to be their option."** (Laurel Sheck)
13. **Being a mom is the best gift in the world; they teach you so much more than you could ever teach them.** (Tami Sartori-Santoro)



MEANING

14. Life is about people—it's about the quality of relationships we have with each other. (Snow Bui)

15. Life is an unpredictable journey. You know where it will end but how you will get there is uncertain. Enjoy the view. (Michael Castro)

16. Sometimes the hokey pokey is what it is all about. (Cathy Tichy)

17. Life is empty and meaningless and we get to add the meaning to our lives. (Stephanie Paris)



HAPPINESS

18. **You are responsible for your own happiness.** (Larry Chernis and Elysia Cordero)
19. **Strive for contentment, happiness will come. Strive for friendship, love will come.** (James Lee)
20. **Happiness is a state of mind and it can be achieved now.** (Jamie Hoang)
21. **Be grateful.** (Barbara Harrington)
22. **Don't take things for granted.** (Diana Sena)
23. **Live simply that others may simply live.** (Karla Gardner)
24. **Laugh often and don't take yourself so seriously.** (Jocelyn Daily and Almeta Kilgo)
25. **Health—no health, no wealth, no happiness!** (Jane Lee)
26. **Never depend on others for happiness.** (Sudha Nambisan)
27. **You can't control others' behaviors but you can control how you react and respond to them.** (Cyndi Lopez)
28. **Happiness is where you find it; rarely, where you seek it.** (Barbara Harrington)
29. **Happiness is not a destination, it is a journey.** (Bob Barnham)
30. **Concentrate on being happy and at peace.** (Sally Glennon)
31. **It's not about having what you want, but wanting what you have.** (Yael Lichtmann Versluys)
32. **Be nice even if others are not nice to you. Let life flow and go its way, don't try to change it. Let it be.** (Alenka Poredoš)



POSSIBILITIES

33. **Start where you are.** (Kath Duffy)

34. **You can always get what you want! Just go for it and do your best!** (Anna Červinková)

35. **It's okay to draft and revise your plans and life.** (Deanna Fahlman)

36. **You have to put yourself out there to get anything in return.** (Theresa Jackson)

37. **Reach for the top shelf. You're bound to get something good! Reach for the bottom and that's all you will get.** (Alexandra Tursi)

38. **Work hard, do right and amazing things will happen.** (Kali Liveatfive Radke)

39. **Never give up!** (Cindy Veber White)

40. **Attitude=altitude!** (Carrie Chrisman Keller)

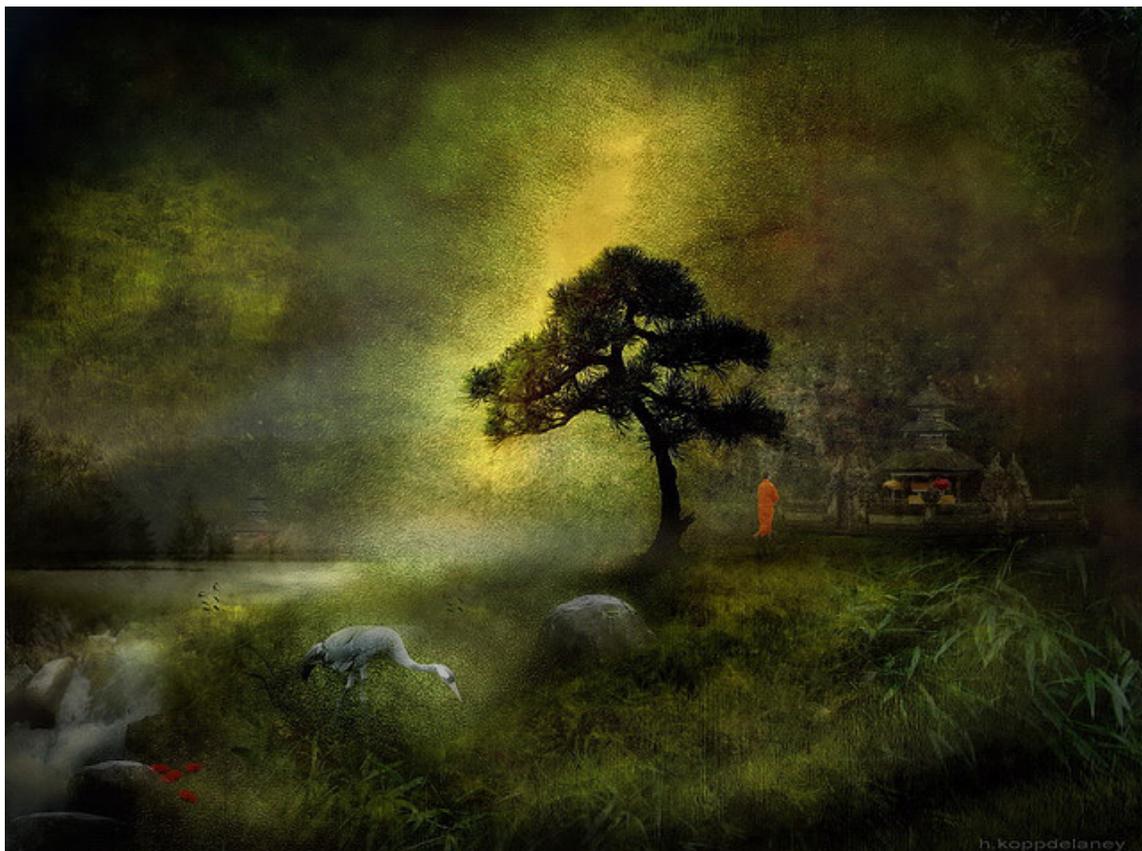
41. **Nothing is impossible. Persevere.** (Eddie Dengg)

42. **Your decisions are based on either love or fear—never, ever, ever give up!** (Don La Franchi)



PEACE

43. Exercising patience in situations where you have no control is vital. (Sandie Roman)
44. De-expect. It comes with patience and pain, but it eventually brings peace. (Shuchi Kapoor)
45. You control how you feel; outside influences cannot control your emotions. (Keith Casey)
46. Worrying solves nothing. (John Whyte)
47. Holding on to anger is like holding on to a hot coal with the intention of throwing it at someone—only one person gets hurt. (John Lawson)
48. Your anger is *not* due to outside stimuli. (Rick Colman)
49. Look constructively at conflict. Don't simply assign blame to others—look to yourself as well. (Jessica Hankins)
50. To be able to bring peace to the world and to others you have to find that peace within yourself first. (Veronica Alvarez)
51. Be at peace when there is chaos all around you. (Jayne Scott)
52. Peace comes from within. (Lian Li)



MINDFULNESS

53. **What you think is what you become.** (Diego Felipe Villa, Serna and Ray Hung and Omer Toledano)

54. **Just let go.** (Emma Audsley, Tiffany Flowers, Astrid Ramge and Kim Power)

55. **Relax.** (Amari Mara Fey Bella and Hayley Mousley)

56. **Breathe.** (Slovydal O'Brien)

57. **All we have is this moment.** (Linda Biery Wickelhaus)

58. **Remember the past fondly, plan the future with anticipation, and live now.** (Maryanne Dell)

59. **Every person you encounter, every situation that arises, and every setting you find yourself in—these things are reflections of your state of mind/being.** (Brooke Burgess)

60. **The point of power is now.** (Kathi Ledesma Palmer)

61. **Nothing lasts forever, so if it's good, enjoy it whilst you got it; if it's bad, something good is around the corner, so don't worry about it.** (Ben Crushcov)

62. **Never ever take life for granted and savor every moment. Tomorrow is never a guarantee.** (Christine Rabbath)

63. **It is what it is.** (Tammy Risher)



STRUGGLE/GROWTH

64. Learning is the first step. (Jan Mabey)

65. Everyone is bound to fail here and there. What is important is how you get yourself back on track. (구남자리처드)

66. It is all good; even the "bad" has value. (Jane Zuroff)

67. There's always more to learn. (Sarah Wells Kohl, Celeste Rothstein, Iwan Steinhaus, and Michelle Moarbes)

68. Ask questions! (Philipine Vinke)

69. You never stop learning, growing, changing, and amazing yourself with yourself. (Vk Cg)

70. You might be wrong. (Elaine Haley)

71. Listen to your mother. (Valerie Emery)

72. Sometimes you need to stand still. Then you have time to reflect (internally and externally). (Janette Searle)

73. Accept responsibility for your actions and correct only your mistakes. (Marlis Elaine Johnson)

74. This too shall pass. (Kevin Casarez, Sue O'Shea and Lori Stofft)

75. Life is always balance between good and bad, so whoever feels this life is not fair, you are just not yet realize what wonderful things you have that others might not have. (Elizabeth 伊丽莎白)

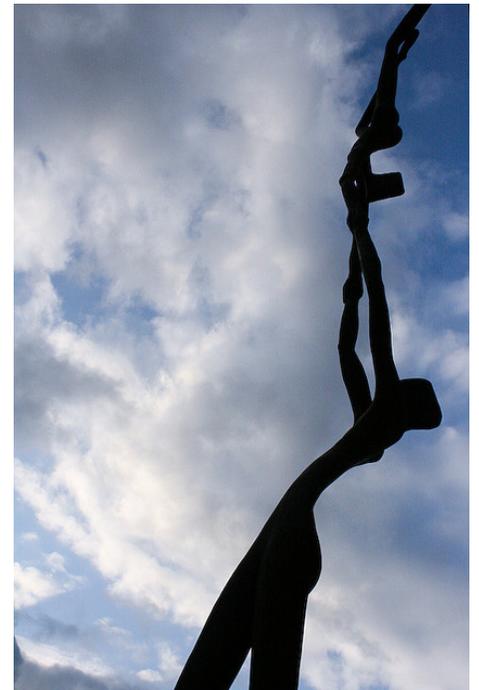
76. You gotta roll with the punches! (Judy Arpadi)

77. Courage is focus. (Dale Hayward-Gellatly)

78. Learn from everything, that way a mistake is never truly a mistake. (Jess Woods)

79. You'll never actually have it all together—be okay with that. (Gail Leslie Karlsson)

80. Nothing is as it may seem and all is perfection. (Lizbeth Ashley Garner Drake)



PERSONAL POWER

81. **You cannot change other people. You only have the power to change yourself.** (Tracy Bruce Laughlin)

82. **Your beliefs create your experience.** (Kathy Bridges)

83. **Be careful what you think, for your thoughts become your words. Be careful what you say, for your words become your actions. Be careful what you do, for your actions become your character in life. And character is everything.** (Angela Hendrick)

84. **Listen to what your heart says.** (Majumdar Ananth)

85. **Find yourself; lose yourself. Repeat forever.** (Benjamin Haley)

86. **"In a world where you are constantly watched and judged, the only opinion that matters is your own."** (Susan Brooks)

87. **Become quiet enough to hear your inner voice and trust what you already know.** (Becky Stuto)

88. **Do what you think is right; that way you won't regret my actions. Regret can be a root to suffering.** (Brittany Michelle)

89. **Believe in yourself.** (Michele Luttrell Young)

90. **Count on, and believe in your intuition.** (Pamela North and Jimmy Maheras)

91. **You matter.** (Lisa Larson)

92. **Stop searching the world for treasure. The real treasure is in you.** (Pablo Valle)



tiny buddha
simple wisdom for complex lives.

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