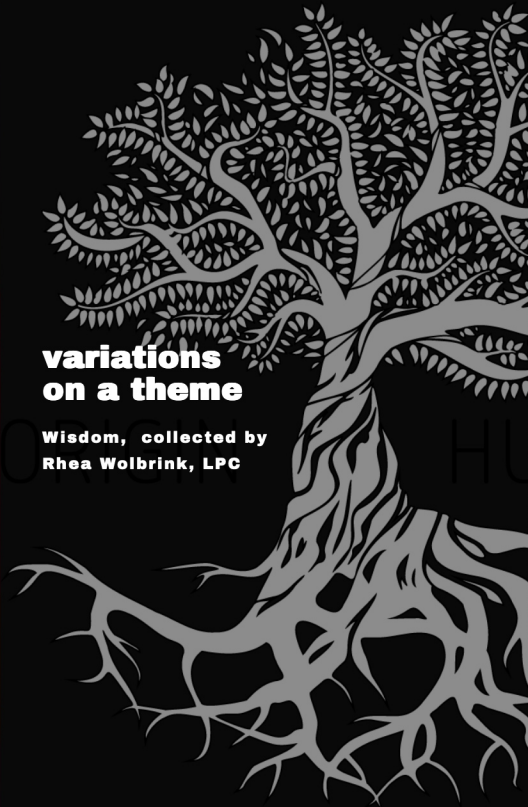




**Wisdom, collected by
Rhea Wolbrink, LPC**



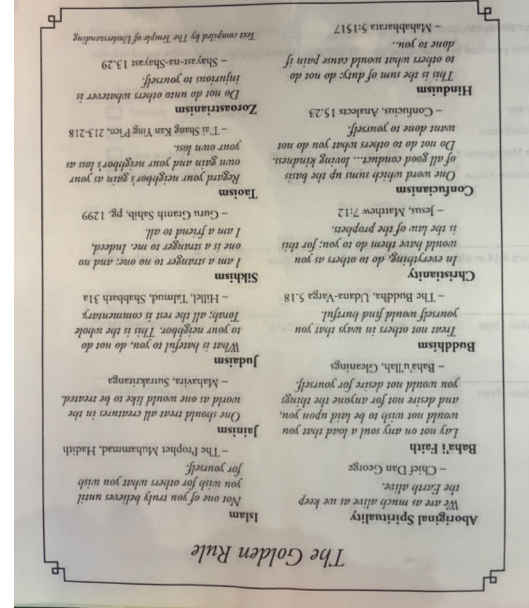
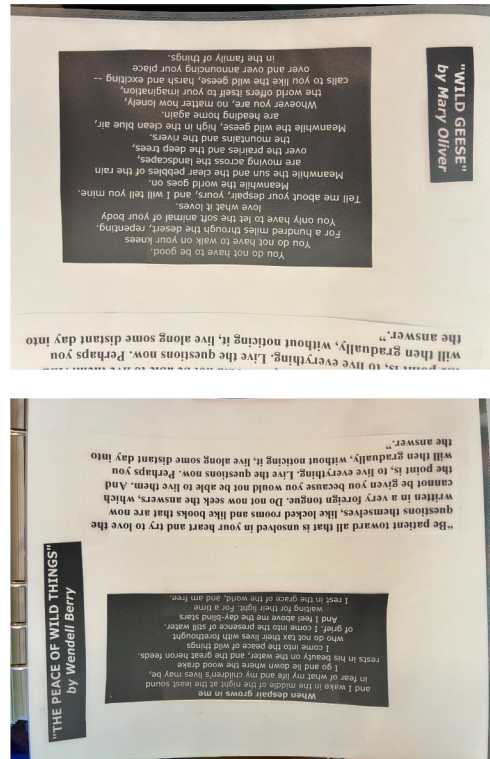
- 1 **You Will Receive A Body.**
You may like it or not, but it will be yours for the entire period this time around.
- 2 **You Will Learn Lessons.**
You are enrolled in a full-time, informal school called life. Each day in this school you will have an opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
- 3 **There Are No Mistakes, Only Lessons.**
Growth is a process of trial and error, experimentation. The "failures" experiments are as much a part of the process as the experiment that ultimately "works".
- 4 **A Lesson Is Repeated Until It Is Learned.**
A lesson will be presented to you in various forms until you learn it. If you don't, then you can go on to the next lesson.
- 5 **Learning Lessons Doesn't End.**
There is no part of your life that you do not contain lessons. If you are alive, there are lessons to be learned.
- 6 **"There" Is No Better Than "Here".**
When your "there" has become "here", you will simply obtain another "there" that will, again, look better than "here".
- 7 **Others Are Merely Mirrors Of You.**
You have a love or hate relationship about another person unless it reflects to you something you love or hate about yourself.
- 8 **What You Make Of Your Life Is Up To You.**
You have all the tools and resources you need, what you do with them is up to you. The choice is yours.
- 9 **The Answers Lie Inside You.**
The answers to life's questions lie inside you. All you need to do is look, listen, and trust.
- 10 **Whether You Think You Can Or Can't,
In Either Case You'll Be Right.**

Author Unknown.

1. **Make peace with your past**
so it won't disturb your present
2. **What other people think of you**
is none of your business.
3. **Time heals almost everything.**
Give it time
4. **No one is in charge of your happiness.**
Except you.
5. **Don't compare your life to others**
and don't judge them, you have no idea
what their journey is all about.
6. **Stop thinking too much.**
It's allright not to know the answers.
They will come to you when you least expect it.
7. **Smile.**
You don't own all the problems in the world.

- Every problem can be solved. There is always a way out.
- Always be in a state of movement. Movement cures everything. Stagnation is deadly.
- Be true making a decision, sit in nature — the wisdom of trees and the deadening, physically and emotionally.
- Know what someone is going through, and their anger most likely has nothing to do with you.
- You are your thoughts. You become what you think.
- Things ALWAYS change. Nothing is ever permanent. So, if you are in a bad situation, the Universe will most certainly course correct you. Just be open to it.
- The world always sets you free. Mathematically leads to disease, addiction and depression.
- Never move backwards.
- You are the only thinker in your head. If it seems that someone else's words and opinion of you is taking up space there, show them the door.
- Go for the win-win in your interactions. Imagine the best possible outcome of a situation, and see how you can achieve that, rather than needing to be right.
- Relationships are not 50/50. They are 100/100, with each person bringing all of what they are to the table.
- Would you want to be married to you? If not, why would someone else want to be? What can you do to be the type of person to whom you could be committed?
- You don't need anyone else to complete you. You are already sufficient unto yourself, and there is still room to grow.
- If you know that in a year from now, your life would do a 180-degree turnaround, how would you feel in this moment? It can change dramatically for the better, but it comes at a price. You need to give up your limiting beliefs about yourself and how life can be.
- Everyone in your life is on loan to you. Everyone you love will one day die or leave you or die or leave them. Appreciate them now.

Words My Therapist Said That Really Mattered



will then gradually, without noticing it, live along some distant day into the answer."

"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you do not have the eyes that can see the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

"THE PEACE OF WILD THINGS"
by Wendell Berry

[illegible]

will then gradually, without noticing it, live along some distant day into the answer."