

Chapter 1 : 21 Life Lessons Kids Learn Through Youth Sports

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Write For Us There are so many great lessons we all learn from life. I personally made a list with some of the most important ones so far, lessons that had a great impact in my life. These lessons have helped me become the person I am today. I know there are more to come and I am ready, opened and receptive to them all. We get treated in life the way we teach others to treat us. People will treat you the way you allow them to treat you. Respect and love yourself and others will do the same. There are no mistakes, only lessons we need to master. If you learn from everything that happens to you, you will discover that there is no such thing as mistakes, only lessons to be learned. And at 60 the way it looked when you were 40

3. Forgiveness is a gift you give to yourself. If you hold on to poisonous thoughts like hate, anger, and resentment toward someone, you will end up poisoning yourself more than you poison the other person, and you will be very unhappy. What you resist, persists. And if you want to shrink something and make it disappear from your life, you need to stop feeding it by fighting against it. Life is all about the journey and less about the destination. A lot of times we get so focused on our big dreams and goals, that we forget to enjoy this journey called life. Always remember that life is all about this moment. So take a deep cleansing breath and allow yourself to be present in everything you do. Allow yourself to enjoy each second of your life
- to observe the world around you, the people present in your life and the beauty that is present within and all around you
6. People deserve a second chance. The moment you forgive somebody, chances are that you will also give them a second chance, a chance to be near you, without trying to remind them of what they did to you, treating them not as they are, or as they once were, but rather as you want them to be. By doing this, you are also allowing them to grow and to become better and better every day. We are all humans, we all make mistakes, and we all deserve a second chance, and why not, maybe a third, fourth, a sixth and a seventh
7. You will act on that belief and people will treat you based on what you think about yourself, based on how you treat yourself and based on how you act and behave in the world. Because just how there is a law of gravity, there is also a law of attraction, and based on this law, you attract in your life that which you think about all day long, you attract that which you are, because you see, like attracts like. If you love yourself, chances are that others will love you also. Love yourself and others will love you also. The world has plenty of information but not enough inspiration. If you think about it, now with the technological revolution, we get access to so much information. How much information can you store on it? We have more information than ever but when it comes to inspiration in-spirit I would say that we have a deficit. We focus too much on the outside and not enough on the inside. If the inside is a mess, the outside will also be a mess. Listen to your heart, listen to your intuition and know that: You hear people all the time complaining about how crazy the world is and how they want it to change, but if you tell them to make the first step: Do you think there is something wrong with me? I am perfect, there is nothing I need to change. These people are crazy and they need to change, not me! They are the ones who are destroying us all, not me! Those bastards! If we want the world to change, we have to start with ourselves and trust me, there is something wrong with many of us. With you, with me, with he and she! Loneliness is different from solitude. There is a difference between being lonely and being in solitude. When you are in solitude, you take advantage of it to get in touch with your inner self, to meditate and to quiet your mind, and that constant need to be around others in order for you to no longer feel lonely, will disappear. If you like yourself, if you have no problem with your own person, if you have accepted yourself completely, you will be content with having some quiet time, away from all the noise. You will feel happy when alone and also when surrounded by other people. The more we express our gratitude, the more things we will have to be grateful for. Focus your attention on the many great things you have and you are grateful for, and you will see that the more you do that, the more reasons you will have to express your gratitude for. Patience is a virtue. In order for things to happen, in order for anything to happen, we need to be patient. We first plant the seed of greatness and then we wait for it to grow, we allow it to grow; we take care of it and we protect it. Great things

take time and we need to learn how to give time, time. Courage is not the absence of fear. Even though many of us know that fear does not exist and that fear is only in our mind, we choose to be paralyzed by it and we choose to allow it to control our lives, our dreams, our goals and the level of our happiness. Fear will be present whenever you want to stretch, whenever you want to get out of your comfort zone and whenever you want to do more, be more, have more.

Chapter 2 : Life Lessons Sayings and Life Lessons Quotes | Wise Old Sayings

1. We get treated in life the way we teach others to treat us. People will treat you the way you allow them to treat you. Respect and love yourself and others will do the same. 2. There are no mistakes, only lessons we need to master. If you learn from everything that happens to you, you will.

Youth sports are going to teach young players a lot more than how to shoot a basketball or how to use a pick-and-roll, there are a lot of life lessons players will learn on their journey through participation in youth sports. These life lessons are by far the most important part of participation in youth sports. Not just the 2 or 3 in 10, that end up playing professionally. Whether that be losing the basketball in a dribbling drill, turning the ball over during a game, or taking a bad shot. As long as players are learning from their mistakes, they should be pushing themselves and making as many mistakes as they can. How to be a Leader Throughout a youth sports season all players should have the opportunity to be a leader on their team. This could be as simple as making a different player responsible for warm-ups before each practice, allowing the players to make decisions, or rotating the captain of each game. If given these opportunities to lead, players will become much more confident leading others and develop leadership skills that most kids rarely have the opportunity to learn. Having a coach is in a lot of ways similar to having a boss. The coach is an authority figure that will be giving instruction, praise, and criticism to the player. By experiencing how to follow, players will learn how to take instructions, how to respectfully question authority, and even patience if they disagree. This will give them plenty of lessons as to how they want to lead in the future. How to Control Emotions Youth sports can be frustrating. Not only for the players, but for parents and coaches too. There will be times when players get so worked up that they receive a technical foul which can be a great learning experience for a player if handled correctly by the coach. Experiencing feelings of frustration and anger and learning how to control them will help players in all aspects of their lives. Everyone should do it. Players will learn that setting goals gives you a target to reach for and adds motivation while on the journey to achieving them. I first started setting goals in youth sports and now set them in all aspects of my life. Hopefully the players you coach will be the same. Success Requires Hard Work Players will learn that the best players are usually the players that have worked the hardest on improving their game. And a lot of it. There are no short cuts. Being great at something takes hard, consistent work. This would also be a good time to point out how they will see similar improvements if they work hard at anything else they want to do or achieve in life. Mocking their opponents, refusing to shake hands, and other forms of horrible behaviour. Good coaches will teach their players how to be proud of their achievements without putting down their opponents. Although, how a player acts after a game should be the same regardless of a win or a loss. This can be after losing a grand final, being cut from a team they really wanted to make, or missing a game-winning shot. Good coaches will teach players to lose with dignity and respect, and that there is always a learning experience to come out of every loss or failure. Players should always shake the hands of the referees and the opponents after every game and not blame the loss on external sources like the referees or the court conditions. One of the best things I like to do after a loss is to first ask the team what they can learn from the loss. What should we have done differently? Where do we need to improve in order to be better next time? Allow them to evaluate the loss. This requires players to determine their priorities which is a great skill for later in life. This lesson will serve them well when they get to exams and have to make studying a priority. Know Your Strengths and Weaknesses Everyone has different strengths and weaknesses. This allows players to understand how they can best contribute to the team during games and what areas of their game they should be working on. One of the best ways to teach this is to hand out a piece of paper near the start of each season and get the players to write down what they believe are their 3 biggest strengths and 3 biggest weaknesses. Keep them confidential and sit down with each player and go through them and explain how best they can help the team using their strengths and share with them different ways they can improve their weaknesses. Being Healthy is Important Players will have a far greater chance of staying fit and healthy later in life if they play youth sports at a young age. You Must Discipline Yourself Improving your skills on the basketball court means having the self discipline to work hard on the things you

need to work on. Not necessarily the things that are the most fun. **How to Deal with Pressure and Stress**
Whether we like it or not, there can be a lot of pressure in youth sports. Some of this is attributed to overbearing parents who unfairly demand excellence of their children on the basketball court, while some of it is simply the normal pressure of close and intense games. Youth sports allows players to learn how to deal with the nerves and stress they feel in these situations in a safe environment. There will undoubtedly be times where players are overwhelmed by the occasion and the pressure will get to them resulting in tears or simply not wanting to play anymore. Players will also learn that they are responsible for their actions and for their own improvement. This will create unnecessary conflict between the player and their parents. There will be missed foul calls. Parents will arrive at the wrong stadium and their child will miss the game. Life is tough sometimes.

Chapter 3 : 15 Powerful Lessons I've Learned From Life " Purpose Fairy

Certain life lessons learned early can result in great character. Here are some of the precious life lesson quotes that bring great value to your life: Context: Don't follow and become a replication of others.

By Osha Key Photo: Look inside yourself; everything that you want, you are already that. I recently turned thirty and it made me reflect on the last decade. How other people judge us is none of our business. I spent my teen years and early twenties worrying about what other people thought and said about me. But later in life I realized that it could only affect me if I allowed it to. What other people say or think of us is a reflection of them—their values, expectations, insecurities, and standards—and has nothing or very little to do with us. Admitting mistakes and apologizing is a sign of strength, not weakness. I used to think that apologizing was a sign of weakness and used to play cool and ignore my mistakes. But now I think that the sign of weakness is being full of yourself, having a huge ego, and trying to pretend to be right, no matter what. When I noticed how much I respect people who admit they are wrong and apologize, I embraced this behavior myself. People might seem like they have their lives together and live perfectly, especially if you judge them by their Instagram pictures. However, when you get to know people more intimately and they open up, you see that even the most successful and seemingly perfect people have insecurities and problems. Some of them have even more than you could ever imagine. My life, too, may seem perfect on the outside: I love what I do, travel a lot, live in the tropics, and have an amazing partner. Living according to our values and truth is the most satisfying thing in life. Determining my main values in life which are currently health, freedom, connection, and contribution has put me on a journey to growth. No matter what you do, if you let your values and truth guide your decisions, it will turn out well, even though at times making these decisions might feel scary and make you feel vulnerable. Money is just a form of energy. I went through periods when I put too much importance on money, as well as times when I criticized money as not being spiritual. It turns out money is just a tool that enables us to do certain things, and it can even help us grow spiritually if we face our patterns or limiting beliefs. At the end of the day, money is just a form of energy. Our sense of self, or identity, is a conceptual fabrication. We can change instantly if we choose to, although most people unconsciously choose not to. The only thing that keeps us stuck is our own mind. Outside circumstances are usually a reflection of our inside. Negativity could never affect us unless there was negativity inside of us in the first place. Health is more important than appearances. I want to be in great shape because being healthy and fit improves the quality of my life, not because I need to look hot to impress others. Once we know who we are and are confident about it, external approval becomes less and less important. Forgiveness is the key to freedom. Let go of anger and grudges, and forgive others and yourself for being an imperfect human. Letting go of the need to be right and understood has accelerated my growth and allowed me to see the world from many different perspectives. Whenever I walk with loving-kindness, in my heart, the whole world smiles at me. I mean it literally, not just metaphorically. Listening to our heart, even if it looks ridiculous from a logical perspective, will never fail us. From the outside perspective, I looked like a mad person when I made some of my choices. Plans are for adjusting. Nothing has ever turned out exactly how I planned. But I believe life always gives us what we ask for. It might not be in the exact form we ask for, though. Life will give you people, opportunities, and circumstances to learn what you need to learn the most. If we want our relationships to succeed, we have to leave our ego behind. Relationships challenge us and facilitate growth. You have to see a relationship as one ship. Connections are the key to happiness. Surround yourself with people who make you feel your best and recognize who you truly are. Comparing ourselves to others is the fastest way to feel anxious and unfulfilled. Learning and investing in our skills is the best strategy for future success. Physical things, money, even people in our life come and go. We suffer when we identify with things, people, circumstances, situations, job titles, and relationship statuses. We have to stop forcing our beliefs or trying to help if our help is not welcome. I made this mistake way too many times in my early twenties. Building healthy habits will pay off one hundredfold. When I was twenty, I used to smoke, drink alcohol, consume excess caffeine, and eat foods that were unhealthy for my body. And I was fine for a while. But later your body starts tolerating these

habits less and less, plus they add stress and your body starts to break down. It gives me so much energy and I feel amazing every single day, thanks to a healthy lifestyle I lead. The only constant is change, and humans are consistently inconsistent. After losing 40 pounds, Osha is now on a mission to help women do the same and fall in love with themselves.

Chapter 4 : Life Lessons Quotes (quotes)

Some life lessons people should learn early on 1. Money will NEVER solve your real problems. Money is a tool; a commodity that buys you necessities and some nice.

There are so many important life lessons but these are the top 10 I am focusing on now, with simple ideas on how to encourage them in daily life. You deserve to be loved and respected. Every person deserves love and respect, no matter who they are or what they have done. If you feel you are not being treated appropriately, you should communicate as best you can to help rectify the situation – in a way you would like to be spoken to and treated. Let your child express their emotions within a safe space and give them tools to let others know their thoughts and feelings. Show them that they deserve love and respect by loving and respecting them, and also loving and respecting yourself. Challenges make us stronger and give us opportunities to become better people. Here is a great quote to remember: When your child is having trouble building something or drawing something, do not rush to their rescue. Let them try to work it out on their own and help them value the challenge as a chance to enhance their skills. Same goes when challenges come up in friendships. Let them work it out as best they can, and try to give them tools not answers to fix problems on their own. Most of all, do not give up on your own challenges and relationships. Work through the problems and become a better person in the process. You are what you think. If you see yourself as a caring, competent, confident person, you are on your way to being one. If you only see the faults you have, they will plague your mind and prevent you from moving forward. Never speak badly of yourself especially in front of your kids. No one is perfect. We all make mistakes. Do not put down others and when your children say negative things about other people, remind them that we are all different and that we all make mistakes. Sometimes we have bad days, sometimes we are distracted by other issues, and sometimes we just have different opinions on how things work. The thoughts or actions of someone else, however, should not be an excuse for our own behavior. You should be the friend you want to have. Being a good friend means forgiving and helping someone through a problem or mistake. It means laughing and crying alongside someone, and wholeheartedly letting someone laugh and cry beside you. If you work to become a better person, you will help your friends to do the same. Hard work allows us to make the most of our lives. If we challenge ourselves to become the best people we can be and give our most to the world, this will make us more satisfied with our daily lives and our contributions to the community. Give an example of having a positive attitude doing jobs that are not your favorite, simply because they are a stepping stone for living the life you want to live. Learning is a life-long adventure. We never stop learning, even when we are old. And the sources of learning are endless – we do not just learn from books or experts. We can also learn from experiences, our own experiments, and even people younger than us. Sometimes little people are the biggest teachers. Even if you are focusing on learning new recipes or reading about world news, your open mind will be an example to your child and increase their thirst for knowledge and wisdom. Appreciate others and also inwardly acknowledge your own contributions. As important as it is to be grateful to others, I also want my children to be proud of their own contributions though of course be humble about them, as well. You are a great team player when you are grateful to others and also feel good about what you are offering yourself. If your child is an active member of the household and the community, they will appreciate the hard work of others and gain courage to contribute their own share as well. If you ever losing hope or direction, find a way to be of service. When we feel sad or uncertain about what we should be doing in life, we can always gain perspective by finding a way to serve someone else. We will be reminded of what we should be grateful for and find new opportunities for using our individual talents. Stepping out of our comfort zone reminds us how special it is to be alive and how we should use the time we have to do good in the world. The nature of sacrifice is giving up something lower for something higher. Little acts of kindness go a long way. Life is a journey, not a destination. Be thankful for it. Goals and dreams are important, but being thankful for the every day is what makes daily life rewarding. Gratitude grounds us in what is truly important. Surround yourself with positive messages, and be thankful for the moment – whatever that moment may bring. Keep your goals in mind but do not let them detract from

living your life right now, right here, with gratitude for all the smiles, surprises, insights, memories, challenges, and opportunities that make your life yours. No one else can live your life and no one else has the chance to be you. Embrace the ride and be thankful for everything that comes with it. Are there any life lessons for kids can you add? How do you suggest teaching them?

Chapter 5 : The Book of Esther - 6 Powerful Life Lessons from the Bible

IF YOUR AMBITION is to lead a satisfying life, your best bet is to cultivate connection. Studies show that people who enjoy rich ties with friends and family are happier, have fewer health.

First, the worst things can happen to the best people for no obvious reason at all. The people you lose remain a part of you. Someday you will be faced with the reality of loss. You will never forget them. However, in a backwards way, this is also the good news. The pursuit of happiness is about finding meaning. Pursuing happiness is not at all the same as being happy, which is a fleeting feeling dependent on momentary circumstances. If the sun is shining, by all means bask in it. Happy times are great and often fun-filled, but happy times pass, because time passes. This is something we rarely grasp at first. What you are really pursuing is meaning – living a meaningful life. There will be times when things go so wrong that you barely feel alive. Read *The Happiness Hypothesis*. Seeking validation from others invalidates YOU. Has the fear of rejection held you back? Have you ever been so fearful of what others might think or say about you that it kept you from taking positive action? Prove yourself to yourself, not others. The words and opinions of others have no real bearing on your worth. When you set out to make a true difference in life, there will be those who disagree with you, those who ignore you, and those who flat out reject your ideas and efforts. Look beyond them, step confidently forward, do what must be done, and let them think what they will. Regret hurts far worse than fear. When we give in to our fears, we have a harder time looking at ourselves in the mirror. Sadly, very few of us escape learning this lesson firsthand. If you have already experienced this a time or two, you know what you need to do. It is only when we risk losing that we truly open the possibility to win. Whether it is quitting your job to build a business, running a marathon, or traveling to unknown parts of the world, any worthy endeavor requires risk, struggle and sacrifice. Some of these things may even terrify you, but ask yourself if these fears are stronger than the most powerful of fears, the fear of a wasted life? Life is too unpredictable for rigid expectations. When you stop predicting and expecting things to be a certain way, you can appreciate them for what they are. Ninety-nine percent of the time life delivers the experiences that are most helpful for your personal growth. The only question is: Will you embrace it and grow, or fight it and fade? The key, of course, is to accept that not everything is meant to be. It was just an illusion that never really was what you thought it was. When you try to run away, you end up running in place. Eating that chocolate donut, right? When you focus on not thinking about something, you end up thinking about it. The same philosophy holds true when it comes to freeing your mind from a negative past experience. But if you instead choose to focus your energy on moving toward something you do like and do want, you naturally leave the negative weight behind as you progress forward. Rather than trying to eliminate the negative, focus on creating something positive that just happens to replace the negative. Read *The Road Less Traveled*. Unanticipated hardships are inevitable and helpful. Nobody in this world is going to blindside you and hit you as hard as life will. Sometimes life will beat you to the ground and try to keep you there if you let it. When you have a lot to cry and complain about, but you prefer to smile and take a step forward instead, you are growing stronger. Work through your struggles and hardships. Take control of your emotions before they take control of you. Everything will fall into place eventually. Learn as if you were to live forever. Be a student of life. Indulge in it and absorb all the knowledge you can, while you can. You may have to lose some things to gain some things, and you may have to learn some things the hard way. All experiences are necessary. The purpose of your life is to live it in full, to partake in it to the utmost, to reach out with an open mind and an honest heart for the newest and richest experience being offered. Your turn! What would you add to this list? What important life lessons have you learned the hard way? Leave a comment below and share your thoughts with the community.

Chapter 6 : 20 Important Life Lessons Every Teen Must Learn - Her View From Home

The better understanding we have of life, the more we live in the truth. Below are 33 of the most powerful lessons in my life. I encourage you to share yours with us by leaving a comment below. =).

Take responsibility for your actions and choices. Learn how to solve problems and deal with obstacles. Learn how to negotiate conflict. Find a way to make a contribution. When you come right down to it, the five main skills above provide the foundation to be an engaged, compassionate and well-rounded adult. The first one is something that takes some kids a long time, while others seem to be almost born with the ability. He had a short fuse and would lash out at anyone he thought was judging him. He was well-known but not well-liked. As many of you know all too well, it meant that school principals spent lots of time with him. As he got older, it also meant school detentions and suspensions, with the subsequent home grounding and consequences. He did this at home, too, when we read books at bedtime. He was all over the room, declining my invitation to snuggle and read, but he remembered every part of the story. Now, at nearly 20 years of age, that willful spirit has been polished and shines with the first of the essential skills: Do I always agree with him or like what he thinks? Absolutely not, but I know he knows who he is including his positive and not-so-positive qualities. Learning to think for yourself requires: Safe opportunities to explore interests without interference. If children do not learn to think for themselves, and the adults in their lives do it for them, as teens they are much more likely to follow peers into choices that can have devastating results. If you give your 6 year old a choice of what shirt to wear, you have to graciously allow him to wear it. All you have to do is ask them, after they warmed up with some hot cocoa, what they thought of their clothing choice. Remember not to tell them what to think, but to ask what they think. They might decide that the consequences of being cold were acceptable to them. My other son wore only shorts for two solid years. I had to learn not to bug him to take a coat or wear boots he never did. I also told him he could not complain nor could he get special treatment like a ride to school. If he was making the choice, he had to accept the consequences. Learning how to take responsibility for your actions and choices requires: Being given opportunities to experience low-risk choices and consequences when young. This is called learning from our mistakes. Looking for opportunities when watching a movie together for instance to discuss how people do and do not take responsibility for their actions and choices. Be sure to share how you learned this skill in your life. Learning How to Problem Solve When you know how to think for yourself and to take responsibility for your actions, then you are well on your way to learning how to problem solve. My daughter has a significant learning disability that often shows up as rigid thinking. She gets a picture in her head of how something is going to happen and gets stuck when things change. I also set up little scenarios so she can practice. This meant she would have multiple items to get from the counter to our table. After she paid, she realized her dilemma; she just stood there for a moment and I could see her thinking. Normally she would get her drink filled first and then come to the table. She made a decision, put the two empty cups inside each other and cradled the hot dogs as she proudly walked to our table. I practically had to bite my tongue to allow her to finish she still needed to get the drinks and get the toppings on her hot dog. When we were happily munching, I praised each step she took to effectively solve her problem. It was not the only solution, but it was hers. Whenever I anticipate a problem, I remind her of the skills she practiced and now, she often can find her own solution. Learning to how effectively problem solve includes: Learning how to pause, get centered and relax so that you can look at options Considering more than one solution before taking action Nurturing creative thinking by playing games where there is no correct answer If children are not given low-risk opportunities to solve their own problems, then they will miss an important skill that every adult needs, especially when the risks get much higher. Practice problem solving for scenarios big and small. Every middle school student needs to have options ready to go for when their best friend invites them over to drink beer when their parents are gone. It worked pretty well, as then we would focus on the angry behavior instead of the issue he was avoiding. So at a certain point, I knew I had to be the first to stop, take some deep breaths, consider the situation and be honest about my own feelings. Many adults have not learned this skill for proof, watch any reality show and do not know how to accurately name our feelings, much less allow them

to just be part of our experience. Learning to negotiate conflict requires: Developing the capacity to stay calm and become aware of our emotions when in conflict Learning to recognize, accept and appropriately process our emotions Practice our problem solving skills to apply in these emotionally charged situations. If they can both negotiate that conflict, they are likely to make the right decisions for themselves they may not be decisions we like, but remember, we want them to think for themselves. Learning How to Make a Contribution Think of the happiest people you know. A young child can give part of their allowance to protect the oceans. A tween might volunteer at the local Humane Society or food bank. A teenager might work for the summer with at-risk youth. Learning to make a contribution includes: Cultivating compassion and empathy. Developing a willingness to take action and step in to help, support, guide and protect others. Understanding your own strengths, styles and skills so you can follow your passion out into the world. Every person, no matter what their struggles are, deserves and needs to share their gifts, talents, skills, spirit and heart with the world. No matter how hard it is to parent a child with behavior issues, give them a chance to contribute. It can change the world. If you need help navigating the challenging obstacles that come up as you raise your kids, remember that our parent coaches are here for you.

Chapter 7 : 7 Important Life Lessons Everyone Learns the Hard Way

"Pain is a pesky part of being human, I've learned it feels like a stab wound to the heart, something I wish we could all do without, in our lives here.

Take time to realize what you want and need. Take time to take risks. Take time to love, laugh, cry, learn, and forgive. Life is shorter than it often seems. This moment is your life. Your life is between now and your next breath. The present "the here and now" is all the life you ever get. So live each moment in full, in kindness and peace, without fear and regret. And do the best you can with what you have in this moment; because that is all you can ever expect of anyone, including yourself. Read *The Power of Now*. Fight for what you believe in. Fight for the people you love, and never forget to tell them how much they mean to you. So stop for a moment and think. Whatever you still need to do, start doing it today. There are only so many tomorrows. The sacrifices you make today will pay dividends in the future. So do something right now that your future self will thank you for. Failures are only lessons. So never regret anything that has happened in your life; it cannot be changed, undone or forgotten. Take it all as lessons learned and move on with grace. You are your most important relationship. You must first have a healthy relationship with yourself before you can have a healthy relationship with others. So pay attention to what people do. Their actions will tell you everything you need to know. Small acts of kindness can make the world a better place. Be kind to them. Kindness is the only investment that never fails. Read *Way of the Peaceful Warrior*. Behind every beautiful life, there has been some kind of pain. You been wounded, not defeated. Think of what a priceless gift it is to grow through these experiences "to breathe, to think, to struggle, and to overcome challenges in the pursuit of the things you love. Which is why you must keep stepping forward even when it hurts, because you know the inner strength that has carried you this far can carry you the rest of the way. Time and experience heals pain. Look at the circles below. The black circles represent our relative life experiences. Mine is larger because I am older and have experienced more in my lifetime. The smaller red circles represent a negative event in our lives. Assume we both experienced the same exact event, whatever the nature. Notice that the negative event circles are the same size for each of us; but also notice what percentage of the area they occupy in each of the black circles. Your negative event seems much larger to you because it is a greater percentage of your total life experiences. I am not diminishing the importance of this event; I simply have a different perspective on it. What you need to understand is that an overwhelmingly painful event in your life right now will one day be part of your much larger past and not nearly as significant as it seems.

Chapter 8 : 33 of Life's Most Powerful Lessons - Paid to Exist

'Use youth sports as a medium to teach young players life lessons'. Youth sports are going to teach young players a lot more than how to shoot a basketball or how to use a pick-and-roll, there are a lot of life lessons players will learn on their journey through participation in youth sports.

They are life-long habits that follow you well into your twenties and thirties. Life will be a lot more fun in the long run, trust me. Take a stand and be your own brand. But a good first step in finding out who you are is to not be what others are as a default. You are an original, act like it. Originality is found in authenticity. There is little value in being a copy, but an original is priceless. They are good at blending in and pretending. You are not expected to live life in the same order as them either. Your choices should have far more to do with your values than your friends. But this is not true. You are not in competition with others. Remember, you are an original so your choices should have far more to do with your values than your friends. Strive for personal integrity. Be a person of your word. We live in a world that puts a lot of emphasis on success and money and fame and popularity, but none of that can lay a finger on a person who has deep character. Deep character will get you further than all of the above. So, go deep and then go deeper. Go deep in kindness. Go deep in courage to do the right thing. Go deep in humility. Go deep in grace. Be upright in what you say and do. You are not weird. ALL people are quirky and complex. Whatever you are thinking or experiencing in a certain time in life is not specific to you. Other people have been there, too. We are all normal in that we are all unique. If you have to choose between being respected or liked, choose respected. They are not the same thing. You can be liked by everyone and not like yourself. Liking yourself comes from respecting yourself. Respecting yourself comes from not compromising your values and beliefs in order to be liked. You will outgrow people. They will outgrow you. You will be betrayed by people you hold dear. Give it to God and forgive them. Learn from it and move on. We are all broken, flawed people susceptible to acting in inexcusable ways. Be thankful and you will be happy. If you ever find yourself feeling down about something, start counting your blessings. Take personal responsibility for yourself. If a relationship ends badly, were there red flags? Were you compromising yourself at your own expense? Choose to see the unlovely about yourself and your actions. It only takes a few bad decisions or unexpected life circumstances to wipe you off your feet. Be quick about it. It includes embarrassment, set-backs, long-term consequences, etc. But when you do make mistakes, and you will, learn from those, too. None of that defines you as a person, your character does. Confidence comes from knowing your worth. Remember, you are a priceless original. Be smart not just educated. Being educated is not the same as being smart. My father was always the smartest person in the room and he barely graduated high school. You will meet lots of educated, non-smart people. Live like God is right beside you because He is. This thought should comfort you, guide you, and scare you, at times. Seek him and you will find him. After all, you were created by him and for relationship with him. It only makes sense that you should know him. Every house needs a foundation and every life needs one, too. Make Jesus yours and your foundation will be strong. When the big, bad wolf comes to blow your house down, and he willâ€”your foundation will matter. Cultivate a good work ethic. It will get you further than good looks or natural talent. Theodore Roosevelt said Far and away the best thing life has to offer is the chance to work hard at work worth doing. It is one of the biggest gifts life offers. Never just settle in and give up. Put in the work, but know when to walk away. Laughter and love really are the best medicines. It really does lighten a load. Laugh at others, but not to their face. Laugh, and laugh, and laugh some more. Life is funny and we take ourselves too serious sometimes. Surround yourself with people who make you laugh and marry someone who laughs it will make all the difference and laugh at your feeble attempts and then love yourself for trying and try again. Set your life cycle to laugh and love and repeat and your load will be lighter.

Chapter 9 : Lessons Learned In Life Quotes (53 quotes)

It's a variation of this final point that I want to explore further today - seven important life lessons almost everyone learns the hard way, eventually. 1. The people you lose remain a part of you.

The better understanding we have of life, the more we live in the truth. Below are 33 of the most powerful lessons in my life. I encourage you to share yours with us by leaving a comment below. Seeing children play can make even the bluest day brighter. Money is not the root of all evil, fear is. The secret to happiness is the acceptance of yourself. Happiness is not based on external status, it is an internal state. Every man has a right to choose his own destiny. The path is the way. Coming is going, going is coming. The hardest is found in the easiest. Heaven and hell exist here and now, within your own mind. Life is the largest stage. Music is one of the most supreme expressions of life. It is gone within an instant, and therefore, extremely precious. Remember what your mother taught you, it came from the most sacred place of love that exists. Never let an argument last, never hold a grudge, it will make your heart heavy. Be grateful for this moment, it is all there is. The source of most of your frustrations and anxiety are the result of living in the future, or the past. Spend time alone with yourself every day. Always go with yourself, never against yourself. You have to be your own best friend. The truth shall indeed set you free. Lies only exist if we believe in them. Even the most fundamental beliefs about reality are not true in themselves. Our thinking makes them true in our experience. Your thoughts create reality. The biggest lie is the lie of your imperfection. Being kind is more important than being right. Your heart is your best compass. Your beliefs are a filter for your reality. Love is the supreme expression of life, it is the essence and ground of all creation.