

KNOW YOURSELF BETTER THAN YOU KNOW ANYONE ELSE

by

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As you go through life, it's the little moments you'll remember. The ones embedded in the grand events or the ones that hit your heart just right so that it tings. Or those moments when everything changes in your life, and you know it. Start noticing those moments now, and if it moves you, keep a log. These memories are the ones that will carry you home to that place deep inside you and remind you that you were truly here.

Be open and brave in your learning. Ask for what you need so you feel inspired and excited with your assignments, rather than simply giving teachers what they ask for. I promise, you will delight some of your professors and employers.

Realize you will fail sometimes, and that some of your failures may be big. Remember, the important thing is not that you fall, but how fast you get up.

Respect everything, its right to exist. It all matters to someone or something, somehow, somewhere. Respect it all, whether something has significance for you or not. For that is where the conversation begins.

Know yourself better than you know anyone else. What moves your heart to tears or joy. What thrills every cell in your being so you cease to exist and you merge with it. What stimulates you to drive past any challenge in its pursuit. Where your bliss resides. Where your boundaries are set, the things you absolutely will not do, places you will not go, no matter what. Know your greatest fear. And what your abiding question is in this life, the one your Soul asks the Universe with everything you do.

Discover the best Gift you have to give to the world. We all have one. Embrace the charge to use it, whatever that looks like.

And finally, be open to change. Nothing's constant in our human existence except change. With mindfulness, be its steward.

from **What I Wish for You, simple wisdom for a happy life**, by Patti Digh
(2011, skirt! books)