



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

4 Life Lessons Worth Repeating

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As 2009 draws to a close, I realize that the events and people I experienced this year reminded me of several important life lessons. They are worth repeating because they are always there, even when we forget about them.

Nothing lasts forever. As is typical of human observation, we notice this most when the good times end. The flip side stands that the bad in life does not last forever either. When you feel down, desperate, sad to the core, know this will pass. Also remember when you experience a perfect moment in life, savor it because it too will slip away.

We can have it all but not all at once. You can have a latte, or chocolate cake, or nachos but not all on the same day, every day. You can afford the new house but must wait for the new furniture and decorations. Too often when we attempt to have it all, all at once, we pay a price – weight gain, debt, stress. Appreciate and find abundance in what you have. Know you can build from there. Know you make the choices that determine what you have each day.

Events show character. Two people placed in the same situation will have two different responses. When one person loses a loved one to cancer, they become bitter, withdrawn, and angry. The other person commits to enjoying their relationships with family and friends to the fullest, trying new adventures, and promoting charitable giving for cancer research. The situation did not determine the person. Each person chose their reaction. We choose our reactions and who we want to be. We can make this choice at any time in our life.

Slow and steady wins the race. Some people take fast, dramatic actions that gain flashy results and capture our attention. We ask, “Why can’t I be like that?” Truthfully, most change evolves slowly with deliberate actions. We overlook and discredit progress, which undermines our self-esteem, because it lacks glitz and glamour. Accept your pace. Respect personal differences. Keep going, as long as you are going forward.

If you had to define 4 lessons you've learned in your life thus far, what would they be? Share them with me at suzette@suzettelangley.com.

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