

DONNA BARNES' TOP 13 LIFE LESSONS

BE CONSCIENTIOUS INSTEAD OF SORRY

My father used to say, "Are you going to say you're sorry if you kill someone?" Some things can't be undone with an apology. Try not to react impulsively, allow the more reasoning center of your brain time to engage, and then respond.

JUST SHUT UP, NO ONE CAN ARGUE WITH THEMSELF

My mother and I used to fight a lot when I was a teenager. My father used to say, "If you just shut up she can't argue with herself." Don't engage in an argument, try to diffuse it or walk away.

VENTING IS PERPETUATING

Each time you complain (tell your story) you relive it. Your brain responds like it's actually happening again each time you think about (ruminate) or say it. Write in a journal instead, that will release it.

NOTHING CHANGES IF NOTHING CHANGES

It's simpler way of saying the definition of insanity is to keep trying the same thing and expect a different result. All change starts with the decisions you make, and then taking action.

IF YOU CAN'T SAY ANYTHING NICE, DON'T SAY ANYTHING AT ALL

When someone asks your opinion first ask yourself if it is something that can be changed, if so, give your honest opinion. If it can't be changed, say something nice that won't make them feel bad.

YOU CATCH MORE FLIES WITH HONEY THAN YOU DO WITH VINEGAR

My father also used to say this. People will always respond better and be more willing to help you if you're nice to them. If you're angry, most people won't even want to be near you.

IF YOU BLAME YOU MISS THE LESSON

No one can "make you" do anything. You need to take responsibility for your own actions, it doesn't matter what anyone did, what matters is how you choose to respond to it.

THE ONLY PERSON YOU CAN CHANGE OR CONTROL IS YOURSELF

Stop trying to control others; it's unattractive and exhausting. You need to change yourself which will change the way your partner responds to you.

BE CAREFUL WHAT YOU WISH FOR

You just may get it. We do usually attract things we direct our energy towards — good and bad.

YOU TEACH PEOPLE HOW TO TREAT YOU

Whether you're aware of it or not your actions show others what you will and will not tolerate. Enforcing healthy boundaries will help you get your needs met.

ENERGY IS CONTAGIOUS

Your partner will catch your energy good or bad. Make sure you're radiating positive energy.

LIFE IS WHAT HAPPENS WHILE YOU'RE MAKING OTHER PLANS

We can't control everything that happens to us. Be flexible and go with the flow. You do create your own destiny.

YOU ARE WHAT YOU THINK YOU ARE

Henry ford said, "Whether you think you can, or whether you think you can't, you're right." Make sure your inner dialogue is kind to yourself.