

# I am still learning.

Michelangelo

 quote fancy

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## 35 Things I Have Learned in 35 Years

I turned 35 in July (2016) and this year I was finding myself more reflective and in honesty, wondering had I really fulfilled all the things I had hope for by this age.....I have created a lovely life but have learned some hard and difficult lessons along the way.

So, while I am still learning, I have put together 35 important things I have learned over my life so far and thought I would share them with you :)

1. ALWAYS, listen to your gut feeling. Even when it seems hard, our gut feeling will never lead you astray.

2. No matter what your life circumstances have been in your early years, you can change them.
3. Forgive yourself for what you feel you did wrong and what you wish you had done.
4. Love yourself inside and out. (This one I am only starting to learn).
5. Have loads of fun, laughter and doing what you enjoy. (I am glad to say I have had LOTS of fun over the years).
6. Never rate your self-worth based on other people's behaviour towards you. That is a reflection on them, not on you.
7. When your family mean a lot to you, spend time with them. It is precious :)
8. Believe in Yourself and if you can't, then do all that you can to learn how to do this.
9. Always go for your dreams, especially the ones that make you feel passionate. Even when others don't agree.
10. Cherish and nurture your good and real friendships.
11. Look after your mental health ~ we all need to make sure we think and feel good.
12. Look after your physical health. You need to feel vibrant and energised.
13. Express yourself in healthy ways.
14. Acknowledge and heal your emotions.
15. Be grateful and offer gratitude.

16. Give to others and look after them.
17. Be kind.
18. Be loyal.
19. Be honest (with yourself and others).
20. Surround yourself with great and uplifting people.
21. Have healthy boundaries.
22. Do not take emotional responsibility for those who won't take responsibility themselves.
23. Open up to being in love, giving love and receiving love ~ these are wonderful experiences.
24. Don't allow past relationships to stop you giving and receiving in future ones.
25. Face your Fears and work through them.
26. Choose the right things for you and align yourself to them.
27. Don't maintain toxic relationships - remove them (Romance, Friends & Family).
28. Don't be too proud or stubborn to admit defeat or admit when you need help.
29. Reach out when you feel life is caving in on you.
30. Take responsibility for your actions - the good and the bad.

31. Have self-awareness.

32. Show love towards as many people and animals as you can.

33. Delve into your creative side.

34. Tap into your unlimited potential and consciously create a wonderful and happy life.

35. BE YOURSELF :)