What I Know for Sure

5/12/2015

Yesterday, I celebrated my birthday. And the past year leading up to my birthday, I've been thinking a lot about all of the things I've accomplished, all the things I've learned, mistakes I've made, people I've known, people I've lost, and how time is dwindling away slowly but surely. It's brought me to a revelation–something I've heard before, but now feel and believe with every fiber of my being. It is no longer a cliché but something that has become my daily affirmation and my life mantra:

NOTHING LASTS FOREVER. . .

No matter how much we want something to last or how tight we hold on– *nothing* lasts forever:

- If you're struggling with an issue or going through a rough patch it will NOT last forever even though things might seem hopeless at the time. Trust me in a month or two, or definitely by this time next year–you won't even remember *why* you were so stressed. We often blow things totally out of proportion and we end up distracted and doubtful. Let it go, learn from it and move on!

- Life goes on and often it does so without those we love. People breakup, divorce happens, friendships fade and the hardest of all is death. The people in our life are not ours to keep indefinitely. That is why it is important to love people when you have the chance, tell them how you feel and just enjoy the moments you share. Those moments might add up to 30 years or 3 months. . .you never know. . . so just live, laugh, and love while you can.

Our time is limited and none of us know the exact hour that we could take our last breath, which is why it is critical to not waste time on things, people and places that don't matter. Dream big and work hard to leave a legacy for

those who come after you! But do it now, we've got to stop procrastinating or waiting for the "right time". Start taking steps today that will get you where you need to be tomorrow!