NVR 2 L8

Lessons, A Resource for Reflection

This resource shares lessons learned through lived experiences, observations and extensive research over a lifetime. As in life, many of the lessons were not recognized or named until after safely exiting the chaos. Not all lessons learned will apply to every situation. A gentle reminder that every situation and the lessons learned are unique. Some may resonate and hit close to home, some may not.

AWARENESS:

- Red flags are easier to recognize
- When red flags appear, it's easier to exit future situations
- Internal dialog was ignored during the chaos

PERSPECTIVE:

- The desire to help others becomes powerful
- Resilience goes unrecognized as a strength

FACT:

- People cannot **be** changed
- Change is a choice
- Uncertainty became life

FUTURE:

- A sense of self will eventually return
- A voice will eventually return
- Calm will eventually replace the chaos
- **"Me"** will eventually find its way home

We invite additional exploration and a more uniquely personal perspective. When recognizing or naming individual lessons learned, our invitation is to journal, place them on sticky notes and use as affirmations or simply store them in memory to be recalled in the future.

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