

LIFE LESSONS	explain how I have lived my life, changed pain into freedom and peace.				
10 things that caused me pain in my first 20 years	old belief/story	old behaviors	what I learned	new behaviors	how I help others
EX: my best friend died suddenly when I was 15.	He left me.	go to cemetery on the day, grieve for the month, resist thinking of him rest of the year, stuck.	I can honor him every day and still live and love MY life. The two don't compete.	Donate regularly to a charity in his name.	His memory helps others live their lives today. I'm free to live and give too.
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