

## **Remembering Mom: Life Lessons**

- Forgiveness does not condone a person's behavior
- Follow your heart, do what feels right, and take life one day at a time
- Count your blessings (learn to be grateful for the little things in life such as safety)
- Support your loved ones in times of hardship or need
- You can't change the situation, but you CAN change your reaction to it
- You are not responsible for OTHER PEOPLE'S behavior; you are only responsible for your OWN.
- Sometimes who you WANT someone to be and who they actually are, are totally different things.
- Replacing anger with love can strengthen a bond between two individuals.
- Sometimes the past helps shape our future
- Grief is a process that one must go through, and it doesn't happen overnight