**Learning Life Lessons**

**Life Lesson Basic Definition** – A powerful situation or event in which new principles, perspectives and/or useful knowledge such as wisdom or insight used to improve our self-awareness and enhance yourself and/or your relationships.

**Process of Learning a Life Lesson** – There is no definite process for learning a life lesson. Despite my efforts to find a definitive a process… I was unable to locate a specific process of learning a life lesson

HOWEVER, in conducting this research and coming to this realization, I learned a life lesson myself… And that was learning is a lifelong process… Meaning that there is never a point in which we stop evolving our minds. There is never a point in our lives where we stop learning about ourselves, our peers, families, ALLLLLLLL OF IT!

With that being said learning can be very difficult… and learning a life lesson is no different! Typically, in the research that I have done, learning life lessons is associated with some form of distress… In this most recent lesson, it was researching… Which is something that I LOVE to do… But the distress is not always that easy to manage. Sometimes, it is necessary to reach the lowest of the lowssssss… And those are the ones that stick with us most in my opinion.

With severity of situations put aside for a moment, we have to experience life in order to learn various life lessons (Davenport 2020).

Now there are a RIDICULOUS amount of different life lessons and there is no handbook in determining what is or is not considered a life lesson FOR YOU except FOR ***YOU…*** And you will not know it until you realize it... Sometimes it is sudden, sometimes it is over a period of time… IM TALKING YEARS PEOPLE!

Because there are so many… And this is our podcast... We are going to list five life lessons that we found throughout our research to be both impactful and most relevant to our podcast focuses eating disorders, mental health, body image, and emotional growth… AS WELL AS five life lessons from Brenna and I that we have learned throughout the duration of our lives thus far. So here we go:

**Researched Life Lessons:**

* Walk your own path!
* There is no time like the present!
* NEVER give up!
* Carpe Diem – Sieze the day – Make the most of every single day!
* Nobody else can make you happy, it is up to you!

Brenna’s Life Lessons:

* Learning that you cannot control other peoples’ perceptions or reactions!
* Learning that what I bring to the table is always going to be different than everyone else and I need to embrace that!
* Knowing your worth and knowing and you cannot love someone else fully until you love yourself!
* Learning how to think not what to think
* Learning how to be present and how meditation and grounding yourself can impact your life in tremendous ways.

**Sarah’s Life Lessons:**

* I define my identity, who I am, and what I am worth.
* There is not a single thing that I am not capable of doing.
* Every emotion that I feel is valid.
* I have to be my own biggest fan.
* Without my body, I would not be here on this Earth. This body houses all of my emotions, my ideas, thoughts, hopes, dreams, quirks, passions, habits, tendencies, and alllllllll of my love… And I know for a fact, that if my body wasn’t here, none of these would be possible. I wouldn’t be able to feel, do or experience any of it!

**Ways to identify a life lesson:**

* Self-check-ins
* Evaluating or reevaluating your position/role in life
* Pay attention to the universe and series/courses of events
* Using emotional intelligence/regulation
* Identifying and utilizing a silver lining

**Changing your perspective:**

* Practice being self-aware
* Avoid using cognitive distortions (filtering, polarizing, overgeneralizing, etc.)
* Consider and educate yourself on other perspectives
* Show gratitude and help others
* Get creative with it, find an outlet
* Look at the grand scheme of things
* Practice self-care and self-compassion
* Be your own biggest fan

**References:**

Davenport, Barrie. (2020). The Ultimate List of 143 Life Lessons You Must Learn. Live Bold & Bloom. Retrieved from [143 Powerful Life Lessons Everyone Needs to Learn (liveboldandbloom.com)](https://liveboldandbloom.com/06/self-awareness/important-life-lessons#:~:text=You%20often%20need%20to%20experience%20life%20in%20order,become%20aware%20of%20what's%20truly%20meaningful%20and%20worthwhile.)