

33 lessons I've learned by 40

1. The only obstacle to reach your objectives is you
2. Family and true friends are your best supporters
3. Traveling opens your eyes, your soul and makes you culturally more aware
4. It takes time to build but seconds to destroy
5. There's no problem only solutions (Mom)
6. Each pan has its perfect lid, so is for work and love (Mom)
7. Your competition is also your driver and your support system
8. You can learn more in one week than you have learnt in 5 years
9. If you don't ask, you don't know
10. There are experts who can support you in any areas of life, you are not alone
11. The HOW is more important than the WHAT. People will remember how you made them feel (John W.)
12. If you know how to leverage the right shortcuts, you save time
13. Being an entrepreneur can be a lonely world until you surround yourself with other mindful entrepreneurs to support you
14. Perceptions are so wrong but you have to learn how to navigate them
15. Therapy helps
16. Meditation and journaling are very powerful
17. Consistency is key
18. No one likes to be surprised except when it involves cakes, presents, flowers or kind notes
19. What matters is where happiness lies
20. Money will not buy happiness but it will buy support and decrease anxiety
21. We are all vulnerable when facing illness, no matter our social status, beauty or coolness
22. Accidents happen in a positive or negative way, a future husband or a car crash
23. Remind yourself that you did not learn how to walk without falling
24. Being grateful for external but also internal factors
25. Resilience is the best skill I have ever developed
26. Some friendships are pure and true love
27. French proverb: "You don't teach a monkey how to make a bad face" (Dad)
28. French proverb: "Fear does not avoid danger" (my bff's dad)
29. Learn how to sleep well, there's nothing worst than being sleep deprived
30. "Whether you think you can, or you think you can't, you're right" Henry Ford
31. Dancing in the kitchen elevates the mood
32. Sky is the limit
33. Others can be your best source of inspiration