

WISDOM SESSION

7 Cardinal Rules for Life

“Positive thinking will let you do everything better than negative thinking will.” Zig Ziglar

1. **Make peace with your past so it won't disturb your present.** Whether someone hurt you or you regret a decision you made, forgive yourself. It doesn't mean that you approve of what's happened... give yourself permission to move on!
2. **What other people think of you is none of your business.** How much time have you spent wondering or worrying what others think of you? Rather than questioning if others think you are good enough.... Focus on doing your best!
3. **Time heals almost everything.** Give it time. Time will heal wounds created in your heart through words or deeds. Get over it. Choose to put it behind you and move on!
4. **No one is in charge of your happiness. Except you.** Positive thinking will change your brain in a real physical way. Repetitive positive thought and activity can rewire and strengthen brain areas to stimulate positive feelings. Power of positive thinking!
5. **Don't compare your life to others and don't judge them.** You have no idea what their journey is all about. Comparing yourself to others is the best way to throw your self-esteem down the drain. People are born to be different. Be confident you!
6. **Stop thinking too much.** It's alright not to know the answers. They will come to you when you least expect it. Stop thinking and start doing!
7. **Smile.** You don't own all the problems in the world. When you smile the world smiles with you!

– Unknown

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”—Philippians 4:8

BWEA- **B**etter **W**ith **E**very **A**tttempt

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.