



“Learning or Reviewing – Where Are You?”

I’m realizing that life is one big lesson. It’s a series of moments and choices linked together over a life time which create our memories, feelings, actions, decisions, and perceptions. We experience life based on a combination of these occurrences. As we participate in life’s journey we are either “learning” or “re-viewing”.

When learning takes place, it becomes the fertile ground for new information and ideas, for other ways of looking at what exists, and opportunities for growth. Learning precedes change and accepting and acknowledging change creates new behaviors. We are all continually learning, changing, and growing. We read something about health and decide to incorporate new choices into our lives. We meet someone who enlightens us and we decide to work on some personal issues. We see something that enrages us and we vow to take positive action. With each step of life’s journey we advance because information and people influence our thinking and behavior.

Sometimes, however, we choose not to be in a “learning” mode. When we take time to look back and examine our life, we are “re-viewing”. We can’t possibly know where to make advancements if we don’t take the time to assess where we are. Reviewing one’s life is our way of acknowledging ourselves and accepting who we are. It is exciting to realize we can create our future based on the lessons of our past and expand our reality based on the lessons of today.

Maybe you’re in a “learning” mode ready to break free and create a new you.

Maybe you are in the “re-view” stage. I admire you for taking time to re-evaluate and re-direct your life.

Wherever you are, is exactly where you are supposed to be! Remember, life is one big lesson. You get to showcase who you are to the rest of the world.

Personally Speaking
“My view on life as I live it”
Bonnie Ross-Parker
Volume 1 / Article 1

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