WHAT LESSONS HAVE YOU LEARNED IN 2020

by:
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Last year was the year I was able to reach different versions of myself, some of them I was compelled to take, and some of them I gladly embraced.

I met the part of me where I needed to be stronger for me when those dark days came. My family mostly relied on me while I had God to rely on.

I met the part of me that was so weary and was hurt so I just cried silently, paused for a while, and continued the battle.

It was a real challenge but with God, I was able to win it. Here are some takeaways that I learned the past year.

As a Filipino who was raised with Christian values, I've learned that God is always in control and whatever your plans are, always acknowledge him and he will always direct your path.

Family is important.

Don't stress yourself to the things that are beyond your control.

All things pass. It could be good things or not they all pass. In a sense that your current situation is not your destination.

Always humble yourself before God and to others. The world turns around. Sometimes those people you didn't expect are the ones who will help you when you are in need.
Protect your inner peace. Stay away from people or things that could possibly destroy it. Your mental health matters.

What you say to yourself when you are alone matters a lot, so encourage yourself, cheer up yourself, trust yourself and congratulate yourself.

Learn to choose your friends. Remember that quality friends are better than quantity.

Give yourself a break from time to time to relax from an exhausting week or toxic days.

Learn to appreciate simple things that you have and you'll realize that you are blessed. From there, you'll attract more blessings. Don't pressure yourself to get to your goal quickly. It'll take time. The more you hurry, the more it stays away.

References: