Twitter Thread by Jan Owen



Jan Owen
@janjowen

Since today is my birthday, I thought I'd share a little something I wrote about life lessons learned to commemorate the day:

View from age 55…

1. Make intentional space for things that bring you joy.

2. It’s okay to take a nap when you get tired. This year has been exhausting.

3. Take care of yourself. No one can do this for you.
4. Notice small things. There is sacredness in the mundane.
5. Pay attention to your emotions. They give us needful information.
6. Listen to your heart’s desires -they give you guidance about how to spend your one life.

7. Never regret turning a year older. Not everyone had that privilege. Birthdays are a gift to be celebrated.
8. Don’t be afraid of silver hair. I feel like mine represents the experiences in my life and the (hopefully) wisdom I have gained.

9. Grief is a part of life. It is not weakness or lack of faith. Allowing yourself to grieve is the only way through.
10. What other people think of me isn't as important as I once thought.
11. I don’t have to live up to the expectations of others. I have to be true to my self.

12. I have learned to accept myself more. Not perfectly every day, but much more than I did in the past. I am who I am and I’m shaped how I’m shaped. I can only be who I am.
13. I’ve learned to be kind to myself.
14. The beach is always a good idea. It helps me reset.

15. Nature is healing & grounding. Put your feet on the ground, toes in the sand, let the wind blow across your face, swim in the water, look at the sky, smell a flower.
16. Pay attention to your body. It’s precious and the only one you’ve got. What is it telling you?

17. Go to therapy. Go to therapy. Go to therapy. Deal with your stuff. Deal with your stuff. Deal with your stuff.
18. Dogs are gifts from heaven.
19. Second chances are real and miraculous. Thank God for them.
20. You are not too old to follow a dream or to try something new.

21. My painful experiences have helped me grow in ways a smooth and easy life could not.
22. You cannot control other people. Quit trying. (reminder to self)
23. Other people's lives are largely none of our business unless they invite us in or harm others.

24. You can learn a lot from people you've been taught to look down on or fear.
25. Err on the side of love, not judgment. No one probably wants your opinion anyway.
26. God is near to the brokenhearted.
27. When necessary, we can begin again.

28. Being exposed to different experiences and perspectives challenges us in good ways. We need to get out of our bubble. Our one perspective is limited.
29. Have healthy boundaries. It's okay (and needful) to have limits.

30. Tragic things do happen to good people. Sometimes we ARE given more than we can bear. It's unhelpful & dismissive to pretend otherwise.
31. Practice kindness. It makes a difference.
32. Reach out & let someone know they are loved. We all want to be thought of and remembered.

33. My faith has not taken away my grief or my pain. I believe God walks with me in that journey, but is not a magic wand to wield against the harsh realities of life.
34. "Some things cannot be fixed, only carried." - Megan Devine

35. Make a will, appoint a power of attorney, have a living will, buy life insurance. Make your appointments and do it today.
36. The answer to many questions in life - if we are honest - is simply, "I don't know." Don't be afraid to admit this. Life is full of mystery.

37. Stretchy pants and leggings are the best.
38. Let people be sad/anxious. Heartache is real. Quit trying to "hurry up", "fix", or dismiss people's very real reasons for sadness. Sadness is often understandable& appropriate.
39. I'm grateful for people who love me as I am.

40. It's okay to question, to wonder, to re-evaluate our beliefs& assumptions in life. God doesn't desert us in this. He is near.

41. When you break patterns or upset assumptions, people will push back. Ignore them.

42. Humility& curiosity is better than certainty& rigidity.

43. It's okay to be appropriately angry.

44. No one's story is perfect.

45. Don't let fear control your narrative. May my life reflect my hopes more than my fears.

46. You'll never make everybody happy.

47. Spend time w/those both older& younger than you. Learn from both.

48. Control is an illusion. Life is unpredictable. Acceptance is the path of peace.

49. Practice gratitude.

50. Don’t stay where you are not respected and valued.

51. Stand up for the oppressed. (one day it might be you, but more importantly, it’s the right thing to do!)

52. Do unto others as you’d have them do unto you.

53. God is at work in ways we never imagined. Don’t try to put God in a box.

54. I’d rather err on the side of love.

55. No family is perfect. We all have wounds.

Thank you for reading!