Twitter Thread by FabAcademic



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Below are my top ten 2020 Lessons Some of them I knew already, but they became even more important this year. The point here is that every experience, good or bad, is a lesson and we only fail if we miss the lesson. Here we go #My2018Lessons #blessed #grateful

1.Challenges come to reveal to us our deepest tendencies, as well as the need to reflect on who we are and who we want to be. #My2020Lessons

https://t.co/JqbhvNaJIf matter how bad things are, you can always make things worse. At the same time, it is often within your power to make them better. #My2020Lessons

3.Make sure to always remember never to wrestle with a pig because you just get dirty and the pig enjoys it. #My2020Lessons

4.Grapes must be crushed to make wine. Diamonds form under pressure. Olives are pressed to release oil. Seeds grow in darkness. Whenever you feel crushed, under pressure, pressed or in darkness, you're in a powerful place of transformation. Trust the process. #My2020Lessons

5.What makes you brave is your willingness to live through the pain of your experience and hold your head up high the next day. So don't live life in fear because you will be stronger after all the crap has happened, than you ever were before it started. #My2020Lessons

6.Use your setbacks to build strength and anti-fragility. Don't give up and run away from hard things. And make sure that you leave things better than they were when you took over. #My2020Lessons

7.Never settle for the status quo. Whatever you want to do in life, do it in the best way you can, aim high and don't just settle. #My2020Lessons

8. Be true to who you are & stand up for what you believe in. You know what's right & what's wrong - never sacrifice it. Once you lose your integrity, you lose everything. No career advancement or whatever it is you are trying to do is worth losing your soul for. #My2020Lessons

9.Self-worth is as majestic as one’s love for one’s creator. Just being a Black womxn has allowed me to be brave & true to myself. I too deserve to be treated as a human being with rights. 2020 has built unsteadiness but has also taught me anti-fragility. #My2020Lessons

10. There is so much to live for. Whatever happens I will always choose life, even though sometimes the hardest part of sacrifice is choosing to live. #My2020Lessons