

My Baker's Dozen

01. The most important conversations are often those I would rather avoid. The most challenging are those I must have with myself. The outcome must be truth.
02. The essential boundaries are those I set for myself. I am what I tolerate.
03. There are times I must deal with difficult situations. How I respond to adversity is at the heart of my story.
04. Too often I do the hard things when the pain of not doing them becomes greater than the pain of doing them. Not to worry, it is the doing which matters.
05. I may be responsible to other adults, but I am not responsible for them. The person for whom I am responsible is myself.
06. Un-asked-for advice can easily land upon others as abuse. Consider: how do you feel when unsolicited advice is forced upon you?
07. When I tell others what to do or how to live, I am telling them they are not enough. That they cannot figure it out for themselves. I am hijacking their self-worth.
08. We are each responsible for our own choices, and for the consequences of those choices. Owning both is how we grow. I do not have the right to deprive others of that opportunity.
09. I am too often unaware of my impact on others. What I do and how I do it may well influence their behavior, perhaps even their lives. For better or for worse.
10. Before I act, am I thoughtful? Do I pause to consider if I am really taking care of my own emotional needs at the expense of someone else?
11. I am less when I need to be right, when I need to be in control, or when I am in judgment. I am more when I am open, curious and of service.
12. I am at my best when I choose to love. At times the best love may feel 'tough,' hard to offer, and difficult for others to receive. Yet it can be a game-changer.
13. In the end, it is about who I choose to be, and what price am I willing to pay to be who I choose to be. My responsibility is to become the best version of myself, to be the full person I was given the ability to be, and to support others as they create their best version of themselves.