

Advice to my younger self

Laugh. Laugh a lot. Surround yourself with positive people who do good in the world and have a positive outlook.

Share your sorrow with others. It may help tear down barriers and could build real connections.

Your job is to figure out what gifts you have been given and then use them.

Don't be so hard on yourself. Some people "should" all over themselves. "I should have said this." "I should have done that." You cannot change the past. You must live in the present and when possible plan for the future with the knowledge that sometimes God laughs when we make plans.

Know that you are enough. When something emergent happens or unexpected, you will be able to figure things out. Pray for guidance and don't be anxious about the future. Pray for angels to surround you or others who are anxious and fearful.

Be brave and fierce. Explore the world and his people. Help wherever you can. Surround yourself with people from other communities, countries, religious and viewpoints. Be respectful and learn what others have to teach you. Be childlike with wonder.

Remember the 9 dot test. There are infinite answers to problems. Think outside of the box and be respectful as others also think outside of the box.

In many cases, there is no right and wrong but just different viewpoints, histories and cultures. Show respect and shoot for understanding another's viewpoint. Different parameters, rules, histories bring different solutions to the same problem. You may think your solution is most right, but in many situations their solution may work better for them.