

# Getting advice



In our most recent survey, we asked you about getting advice. Here are some of the many answers to the question, “What’s the best advice you’ve ever gotten and how did it help you?”

- “In life, make your regrets small ones.” During your “busy years” (working, kids, etc.), you don’t have a lot of time to reflect. As you get older (retire, slow down), you find a lot of quiet time for reflection on your life. You want your regrets to be small so you have peace in your later years.
- When you have to make a career choice, or make a move of some kind, ask yourself “Where do I want to be in 10 years?” And if you can figure that out, you will find it easy to make a decision. That’s what my mother always said to me when I was undecided about my choices.
- “No one is looking at you, and if they are, so what?” This advice was given to me by a friend when I was embarrassed to go swimming at the beach. Now after at least 10 years, I’m going to the beach and swimming in the ocean again! I forgot how much I LOVE being at the beach!!! And, my friend was right, no one cares how I look (especially at the beach), and what’s more important, I don’t care if they do!
- You hear sayings like life isn’t a bowl of cherries; If life gives you lemons make lemonade. People can give all kinds of advice...what all these decisions come down to is, will it bring you joy? Will it bring positive change? Life can be truly happy and full. It may not be easy. You may have to train yourself at first but the more you do, you will find yourself transformed with positive thinking that brings joy! Be that bright and shining star!
- A Catholic monk once shared, “Things happen once, and they never happen that same way again.” This has helped me not cling to the past, or try to recreate the past, but try to enjoy the present, realizing that the present is a gift worth embracing with gratitude and joy. Change is not to be feared, but it is a beautiful part of life.
- Don’t make your happiness contingent on someone else.
- I read this somewhere. I don’t remember where but it helped me a lot so, I’m sharing.... My accent is an additional competence that helps me communicate better with colleagues and customers from diverse backgrounds. My language skills can be used to resolve cultural or language conflicts. Being multicultural or multilingual demonstrates I can adjust my style to different people and situations.
- When I first started working: Bring in items and pictures to make your workspace your home, because you are awake here more hours a day than you are at home.
- A former boss told me I should go back to school. I’ve always had an aptitude for technology, so I finally completed my BS in Information Management Systems. That advice has helped me to remember that no matter the age, one can always return to school!
- “Life is like an obstacle course. You have different hurdles to overcome: health, grades, finances, setbacks. Have the fortitude to get over, under or around it to get to the top of that rope any way you can. You start with a team until you have confidence to get to the top of the rope alone.”

- Well, my advice came a little too late, but my advice would be to give people options. Of course, they should be options which would work out. I used to be a very controlling parent instead of giving my children options. Options aid in the decision-making process and make the person responsible for the choices they make. This works for adults as well as children. I am an instructor now and I find this helps in most situations.
- Two things: I was going through a tough time and an older friend said to me, "Time heals all things. You'll get through this." That was valuable to hear when all I could think at the time was that life was over. The other is on marriage. My dad told me once, "People have an idea that once you're married it's happily ever after, but the reality is you take marriage one day at a time." This reminds me to be patient with my partner and to approach things with love each day.
- He who angers you controls you.
- Don't give up. What doesn't kill you makes you stronger.
- If you don't ask, the answer is "No" 100% of the time.
- Take five minutes to fume about something that upsets you, then either do something about it, or let it go.
- A near and dear friend of the family once told me, "Be a duck, just let it roll off your back like water." In other words, if it's not a huge problem, try to not let something bother you.
- Believe in yourself; there are enough other challenges to get through. You have little/no control over other people or things, but you can control your behavior and actions to meet your goals.
- Life is what YOU make it. Make it a great one!

We appreciate every single response we get and print as many as space allows.\* Thank you all for participating!



\*In some cases, minor adjustments were made to responses.