

The 10 Most **Important**
Things I've Learned,
Ever

@**luke**karrys

Just because I've **learned**,
doesn't mean I **do**

No one **can** make
me feel bad

I **can** make someone
feel **good**

Never feel guilty

Focus on the **roots**
(not **symptoms**)

**Practice gratitude,
perspective**

Don't get **stuck**
on today

Everyone has a worst
thing that ever happened

Operate outside my
defaults

Do things
purposefully