

## *Jessica's Life Lesson*

- *First do no harm (Hippocratic Corpus)*
- *Go with the flow.*
- *To thine own self be true.*
- *There will be occasions to say "please," "thank you," and "I'm sorry," every day – do it.*
- *Seek always to understand*
- *Live decisively*
- *You cannot sit in two chairs or wear two pairs of shoes*
- *Never say never*
- *Be patient with yourself and others*
- *Love one another as I have loved you (Lesson 23 – Luke 22:1-38; John 13)*
- *Don't be selfish, share widely of yourself*
- *Think before you speak, what outcome do you desire from your statements and actions*
- *Do good work*
- *Seek to find the reason in all that happens, be responsible for your part in it*
- *Don't be bitter, bitterness is of your own making*
- *Sometimes there are no second chances; but give others a second chance*
- *Be kinder than you need to be, it takes so much less energy than being mean*
- *Don't hide your gifts, use them, challenge, them, hone them— give them wildly away*
- *Learn something new every day*
- *A penny saved is a penny earned*
- *Watch how a (man) treats his mother, it will tell you all you need to know.*