



Get more of what you want and less of what you don't, both personally and professionally.

Interview with Sister Madonna Buder

Sisters 7 D's

It all starts with a **D**ream which gives you the **D**esire then you need to have **D**edication, **D**iscipline, and **D**etermination to **D**o it! And it gets **D**one!

There is no such thing as a failure. The best way to learn is making mistakes. The only failure is not to try.

Appreciate your aging process, you will never get another chance at it. It's a privilege not a burden to age.

Don't waste time trying to deny or disguise your age, embrace those wrinkles, you earned them. It is who you are on the inside that matters most!

You are not the same person as you were yesterday. Every day is a new start to be your best self.

As Sister's grandmother told her, let go of anxiety:

No sense in worrying about a past it is dead and gone. The future is not here yet. When the future does get here, then that is the present moment and that is all we are responsible for. Live each day moment by moment making the best of it. Why bother with what is not in our control.

Put down your gadgets they de-humanize us:

- Gadgets take away from our intuition
- Gadgets cannot tell us how to feel, act or react
- Focusing on gadgets make us miss God whispers

Be less concerned with the external, focus more on the internal, which helps us prepare for the eternal.

What makes you think you can one up God's design. God created us in his image, why change perfection. Embrace who you are and shine.

Do you love yourself? If you cannot love yourself how do you expect to love others. Remember God does not make junk and he made you. You are a perfect masterpiece of God's creation and there will never be another you. Act as if you are amazing, because you are.

Eat in moderation and include raw garlic in your diet.

Get outside to get better on the inside.

Shift your focus to what is good, beautiful and positive to help propel you forward.

Give up control. God help me do my best and you do the rest. This is a winning team!

IF life didn't have challenges, it would not be worth living. Embrace the good with the bad. Remember, without darkness we would not appreciate the light.

Keep an attitude of gratitude every day!

<https://www.amazon.com/Grace-Race-Inspiration-80-Year-Old-Triathlete/dp/143917749X>



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.