

## Motivational Moments: Lessons learned along life's journey

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The person you are today has a lot to do with the lessons you have learned along your life's journey.

Some of the lessons made you stronger and some made you want to forget they ever happened to you.

I know a person who often talks about some of the painful things from his past. He talks about his childhood with a smile on his face as if the pain that he remembers had no effect on him at all. This I found to be incredibly odd. How could he possibly smile while speaking of abuse and hurt that he endured by the hands of those who were supposed to take care of him? Once I even asked him why he smiled while telling his story to so many individuals. He stated that if it wasn't for the abuse he suffered while he was a child, he wouldn't have the strength to help so many others. He said that surviving that type of abuse gave him the courage to tell his story to help others who deal with abuse on a daily basis. He also stated that it made him into the man he is today. You see, he has a story of survival, a story that he shares any time he is asked to do so. He is changing lives one at a time. Now that is something to smile about.

Think about the lessons that you've learned along your life's journey. Could it be something that you could share to help change someone's life? I think that we are all blessed with unique gifts and talents that we must share with the rest of the world. Once you realize what that gift is, then you will be able to identify where your work lies.

I am so happy that the lessons I have learned have led me to this moment in my life. I truly believe that I am exactly where I am supposed to be and I am on the right track of using my gifts to help motivate and uplift people on a daily basis. I have learned so many lessons in my life (some good and some not so good), but they have shaped and formed me into the person I am today.

So think of your journey and think of the things that have impacted your life in some way. Think of how you dealt with your situations, be it let downs or successes, and remember you survived all of this. Remember you are a survivor and nothing can stop you from showing the world that you are unique and destined for the wonderful things that are in store for you.

And as always remember, stay focused, stay determined and keep striving for greatness.

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