

I'm not in the habit of giving advice unless asked, except of course when it comes to my kids. They are adult children, I know. I just can't help myself, it's in my DNA. Isn't it in every mother's DNA? I only do it to be helpful, not to be intrusive. But it's not always well-taken. Danny usually nods, but Lauren, well, Lauren…let's just say she's not a fan of "unsolicited advice," as she calls it. And I get it. Sometimes they just want us parents to show up and shut up and let their own experiences be their teacher.

However, after my post from a couple of weeks ago wherein I included a list of rules to teach our sons, I was asked if I had a list for daughters. I do, actually, and was waiting for the next time I wanted to gift mine a bunch of "unsolicited advice" all at once. And what better time to do that than on the day she turns 29. ? Once again, in true parental fashion, Lauren, here's a list for you:

1. Make your bed every morning.
2. Travel light through life. Leave out any jealousies, unforgiveness, selfishness or fears. Heavy baggage will drag you down.
3. It's okay to cry when you're hurt. It's also okay to smash (some) things; but, wash your face, clean your mess, and get up off the floor when you're done. You don't belong down there.
4. If you're going to curse, be clever. If you're going to curse in public, know your audience.
5. Seek out the people and places that resonate with your soul.
6. Just because you can, doesn't mean you should.
7. You are woman, you do not need a man, but you can absolutely enjoy your life with a good one.
8. Happiness is not a permanent state. Wholeness is. Don't confuse the two.
9. Don't ever shake a person's hand sitting down.
10. Never walk through an alley alone.
11. Be equal parts sugar and spice, and only as nice as you're able to without compromising yourself.

12. If you can't smile with your eyes, don't smile. Insincerity is nothing to aspire to.
13. Never lie to yourself.
14. Your body, your rules.
15. If you have an opinion, you better know why.
16. Practice your passions.
17. Always protect your siblings.
18. Be confident and humble at the same time.
19. A classic outfit is worth 1000 words.
20. Ask for what you want. The worst thing they can say is no.
21. Wish on stars, then get to work to make it happen.
22. Experience art, music, literature, food and far-off places.
23. Take lots of pictures along the way.
24. Say Please, Thank You, and Pardon Me, whenever the situation warrants it.
25. Reserve"I'm sorry" for when you truly are.
26. Question everything, except your own intuition.
27. No matter where you are, you can always come home.
28. Be happy and remember your roots, family is EVERYTHING.
29. Be kind; treat others how you would like them to treat you.
30. If ever in doubt, remember you are the DAUGHTER of the Most High (ours too!) and REFUSE to just be ordinary!

Lauren, Happy Birthday! ? We are so proud of your accomplishments. May you continue to conquer life for many years. We are blessed to have you in our lives, and we are so very thankful for you. We love you to infinity and beyond. ❤

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Do not ask your children
to strive for extraordinary lives.

Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.”
-W. Martin



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