

We all have those moments when a piece of advice really sticks with us. For me, those words came from my parents.

Mami and Papi were like my personal Lucy Van Pelt—straightforward and no-nonsense with their advice, but definitely in a kinder way, LOL. One of the most powerful things my mom ever said to me was *"Siempre ten fe y confía en Dios."* Always have faith and trust in God. Those words have been my anchor through the hardest times, a guiding light whenever I've felt lost or unsure.

My dad was truly a man of few words, but the best advice I got from him was simply watching how he lived. He showed me that the only thing we can control is how we respond to stuff. It's simple, but it's true. No matter how much we plan or how ready we think we are, life has a way of throwing curveballs. But how we react—our attitude and mindset—makes all the difference. He was a master at it.

We all forget good advice now and then, but I'm really grateful for the wisdom I've picked up over the years. Thought I'd share it as a little reminder to keep those words close when life feels out of whack.

Enough about me. What's the best advice you've ever gotten? Whether it changed your life or was just a little reminder, I'd love to hear the words that stuck with you.

And hey, I'm not as wise as Lucy, but the doctor is in. If you ever need some extra wisdom or just someone to chat with, you know where to find me.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be

completely present.”
-Lao Tzu



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