

Deb
Lawson

Be Happy Be Sure Be Fulfilled

Let An Expert:

With experience
and perspective
help you get a
fresh start to your
day.

Become your best self.

Achieve a positive outlook on life.

Find, follow and live your
passion and purpose.



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Be happy, sure and fulfilled.

Let go of people who are not ready to love you.

This is the hardest thing you'll ever have to do in your life and it will also be the most important thing.

Stop having difficult conversations with people who don't want to change.

Stop showing up for people who are not interested in your presence.

I know it's your instinct to do everything possible to gain the appreciation of those around you, but, trust me, having lived this experience, it's an impulse that steals your time, energy, mental and physical health.

Be prepared: When you start fighting for a life with joy, interest and commitment, not everyone will be ready to follow you to that place.

It doesn't mean you have to change who you are, it means you have to let go of people who aren't ready to be with you.

If you are excluded, insulted, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and your life.

The truth is this: You ain't for everybody and everybody ain't for you.

This is what makes it so special when you find people you have friendship with or mutual love.

You will know how precious it is because you have experienced what is not. (I too know this from experience)

There are billions of people on this planet and many of them you will find at your level of interest and commitment.

Maybe if you stop showing up, they won't look for you.

Maybe if you stop trying, the relationship ends.

Maybe if you stop texting, your phone will stay dark for weeks.

That doesn't mean you ruined the relationship, it means the only thing sustaining it was the energy you only gave to keep it.

More truth: That's not love, that's attachment.

**It's giving a chance to those who don't deserve it!
You deserve so much more.**

The most valuable thing you have in your life is your time and energy, as both are limited.

The people and things you give your time and energy to will define your existence.

Prepare yourself: When you realize this you start to understand why you are so anxious when you spend time with people, activities or spaces that don't suit you and shouldn't be near you. (It's an incredible realization)

You will start to realize that the most important thing you can do for yourself and everyone around you is to protect your energy more fiercely than anything else.

Make your life a safe haven, where only people "compatible" with you are allowed.

You are not responsible for saving anyone.

You are not responsible for convincing them to do better.

It's not your job to exist for people and give them your life!

You deserve real friendships, true commitments and a complete love with healthy and prosperous people.

Make the decision: Distancing yourself from toxic people, will give you the love, esteem, happiness and protection you deserve.

Adapted from the original source

Which is a piece written by Brianna Wiest in 2018



Deb's Words of Wisdom



Be Authentic

Stand out on your own.
Don't be phony.
Be real and genuine.
Be the YOU of YOU!
Be factual.
Be dependable.
Believable.



Build Powerful Connections

Share time with someone who cares about YOU; who makes you feel safe.
No judgement.
Meet lots of people - learn all you can.
Share experiences.
Have a mentor.
Be a mentor.



Create A Legacy

Your life matters.
Make your roots.
Put your own "YOU of YOU" stamp on it.
Make your mark.
Make it memorable.

