



Life Lessons

Dr. Whitney Gillespie

Life Lessons

Dr. Whitney Gillespie

Book also available at
Thebookpatch.com online bookstore

Acknowledgments

As always, I want to thank God for the opportunity to put my thoughts in ink. Thank you to my spiritual covering Rev. Robert A Winfree and New Life Deliverance Tabernacle. I am also thankful for Dr. Paul and Rev. Dr. Faye Richardson. Thank you to my amazing support system of close friends and family. Your constant support means more to me than I could ever put into words.

Thank you to my “muse.” I appreciate all of your help. The many chapter titles and late night conversations were helpful.

Love always,

Whit

Dedication

I dedicate this book to everyone experiencing life to the fullest. There is no such thing as a perfect life! This book is the many life lessons of mine combined just for you.

Enjoy!

Table of Contents

- I. Don't Judge A Book By Its Cover**
- II. Actions Speak Louder Than Words**
- III. Nothing Just Falls Into Your Lap**
- IV. Learn the Lesson Avoid the Repeat**
- V. Good Deeds vs. God Given Purpose**
- VI. Advice from People Going Nowhere**
- VII. Grace, Mercy & Karma Effect**
- VIII. Listen to That Gut Feeling**
- IX. Feed Your Mind Strengthen Body**
- X. People Transitions: Seasons and Reasons**
- XI. Celebrate Each Victory & Milestone**
- XII. Learn When To Say "No"**
- XIII. Be Faithful Not Perfect**

Don't Judge A Book by Its Cover

More often than not, the human mind is quick to make assumptions about a person or situation. This is solely based on surface information. For example, you see someone who is standing on the corner holding a sign asking for change or food. The human mind quickly jumps into assumption mode. The mind makes assumptions on if the person is truly in need, or a con artist. The mind creates theories as to why and how that person even came to be standing at this particular corner. Then the mind takes this information and processes it. The person then makes the decision to roll down the window and proceed to help or keep driving. All of this happens in the split seconds of the person being at the light or corner in their car.

Another example is that of the bank teller Veronica. She is all caught up in appearances.

She makes small talk with the “broke” customers but gives full conversations to those she assumes are “wealthy”. Veronica notices a man get out of a BMW in what appeared to be a designer suit. He walks in the bank confident, and asks to speak to the branch manager. He is well groomed with shiny white teeth. He is holding a brief case, and security money bag. The branch manager comes out and greets the man by name “Hello, Mr. Wellington!”

Immediately, Veronica assumes the last name “Wellington” sounds like money. His car and appearance also appear to be that of money. After twenty minutes, the man comes from the branch manager’s office to Veronica’s window. She is eager to serve him, and more interested to see what was in the money bag.

He opens the money bag and pulls out the slip and what appears to be a thick stack of money. Veronica is all smiles until she counts the money. The money consists of 20 one dollar bills, a ten dollar bill, and 2 five dollar bills. As she enters \$40 into the computer, she glances at the account’s balance and her smile drops. Mr. Wellington only had \$20 in his bank account.

Just then the branch manager comes out from the office. She says:

“Mr. Wellington, I only need one copy of your resume! I will be in touch with you this week for orientation.” She hands him back the extra copy of the resume. He opens up the brief case only for Veronica to see a stack of resumes and nothing else. He places the extra copy of the resume back into his brief case. He looks up at her with a huge smile and says:

“I knew borrowing my brother’s suit and car would bring me good energy. Now I have a job after 2 years of putting in applications. He also gave me money to put in my account until I get back on my feet.”

The other teller who was very familiar with Veronica’s state of mind just laughs and walks off. Veronica is left trying to fix her face and close out the transaction with the same energy she had originally.

Another example is that of a man who approaches a woman he is interested in. She had just finished asking for a husband who would love and be faithful to her. This guy did not appear to be what she normally

dates. She is use to more outspoken and urban dressing guys. This particular guy is laid back and charismatic. He does not dress with a particular style. She quickly assumes that because he doesn't fit her "standards" that he is not meant for her. She could be missing out on the best thing that could possibly come into her life. Her perspective on his surface qualities and appearance is causing limits to the many possibilities.

It is easy to make assumptions based on surface information. You can miss out on amazing opportunities through your own limitations.

Do not judge a book by its cover. Don't assume you know a person by what you see. Don't assume you know a situation by surface information. Don't even assume you can handle a scenario based on past experiences. Everyone and everything is unique and does not fit into "one size fits all" category.

Be slow to respond and quick to learn. You may be passing on the best time, experience, job, person and opportunity of your life.

**Actions Speak
Louder Than
Words**

At some point in everyone's life they will hear: "Actions speak louder than words." I have even stated that "I am from the "show me" state of mind. What you say means nothing if your actions are not consistent to your words."

It is so imperative that you say what you mean, and mean what you say. Practice what you preach. Over time you should evolve as a person. I expect you to change your mind! You cannot keep the same mindset at 5 when you are now 35. Over time your life experiences, environment, social circle of friends and family will help shape the person you become.

With this evolution you should also have consistency. I am not the same person I was while writing book one in comparison with who am I with book #2. My perspective has changed based on me growing from life lessons and experiences. However, I still stand behind my point of view. My point of view may have evolved as I grow as a person, but it is consistent with my actions.

For example, don't tell someone "yes" with your mouth and shake your head no. Don't talk like you are interested in what they have to say. Meanwhile, your arms are folded and your face says "you could care less". Not to mention, you are texting during the whole conversation. Your actions are not consistent with what you are saying.

Many times it is hard to have meaningful relationships because of this inconsistency. You cannot try to make a woman your wife if your actions are that of a promiscuous bachelor. You cannot say you are ready to be a wife if you're not willing to give up your independent ways. Relationships require communication and working together.

The take home message is simple. Show me what you are working with! Actions speak louder than words. Words are only effective when actions are consistent.

Nothing Just Falls Into Your Lap

Now, I would love to believe the opposite. I would love to believe Mr. Right will knock on the door with a ring in his hand and a "happily ever after" will follow. I would love to

believe the phone will ring and the caller will say “I was given your number and want you to pick up this check” or “Come start this new job today!”

Anything is possible!

However, nothing just falls into your lap. For the most part, you have to do something. The door to that dream job is open.

However, you have to apply and actually go make that first step. Do you even have a resume?

Mr. Right is out there.

However, you have to be open to meet and marry someone that was created for you and not necessarily what is on your checklist. You have to do something. Faith without works is dead. You may not have to work as hard as someone else to reap the benefits. However, you have to do something.

You have to wake up with purpose and determination. You have to create that business plan for that dream in your head. You have to take those steps to get that education you desire. You have to get your credit straight and make steps to owning that home. You have to walk on the lot to get that car. You have to be open to have whatever you

desire. It may not come in the “package” you had in mind. However, be open to love and experience whatever new opportunity awaits you.

Nothing just falls in your lap. Get up! Do something! Take that first step and watch everything fall into place. You may experience a delay but it is not a denial. Take the time to learn the lessons and get back up. Do something!

Learn the Lesson Avoid the Repeat

First, forgive yourself. Understand no one is perfect. Life happens to the best of us. There is no exception for someone with more education or experience. We all go through trials and tribulations.

Learn the lesson behind the situation. Own your truths and part in the situation. When you experience something more than once, there is a reason behind it.

I truly believe that you experience things more than once for two reasons. You either didn't learn the

lesson or it is to show you how much you have grown.

For example:

Olivia has had two roommates, who appeared great in the beginning move out on her without notice. The lesson she learned was have better roommate contracts that are more legally binding. She also learned to have a backup plan and not be completely reliant on someone else.

Mistakes and life lessons force you to re-evaluate your life. They cause you to re-evaluate your deal breakers and must haves. It causes you to decide what your priorities are. Life lessons can cause you to evaluate and change what you give your focus and time to.

Life lessons help us see that we are flawed beings. It helps you eliminate the “being perfect” state of mind. This gives you a chance to face your fears and get back up.

It is in these moments that you realize your strength. Andrea would have never known how strong she was until she went through the divorce. Denise would have never known how to budget money if she had never moved

out. Raymond would have never known how to trust in God and something greater than himself had he never lost his job. Jose would have never known who his true friends were had he never went bankrupt. Yolanda would have never known how to catch a bus and navigate around town if her car didn't break down.

Learn the lesson behind the experiences. Avoid the repeats. If you do happen to repeat evaluate the "before and after". How did you react before? How did you react after you realized this was the same scenario? Did you grow from the first time around? What did you do differently? What did you learn?

Understand life happens to the best of us. You cannot always control what is thrown your way. Take the experience and add it to your resume. Grow from it! Use it to build a better tomorrow.

Good Deeds vs. God Given Purpose

Good deeds are not bad. In fact, I strongly encourage you to do for someone else. However, do not get caught up in performing good deeds that you miss your God given purpose. I truly feel that we are all placed here

to fulfill a purpose. Your focus is to go to the grave empty. You should have accomplished everything assigned to you before you check out.

We are all called for greatness. Maybe you are called to speak life to the masses through spoken word and seminars. Maybe you are called to transform the community through a youth center. Maybe you are called to be that future doctor that finds a cure. Maybe you are called to speak life to that neighbor who may be contemplating suicide.

Maybe you are called to be that educator that gives foundation and fundamental skills to the next generation. Maybe you are called to be the mother to the next world leader. Maybe you are called to minister in song and bring deliverance and peace to the masses. Maybe you are called to landscape a yard in complete mulch enticing media and the masses to awe at such a gift. Many aren't even Redskins fans and appreciate the yard's design. (Special shout-out to my father who designed his entire front yard in mulch dedicated to his beloved Redskins team.)

My point is we all are called to do something. Don't be so caught up in doing good deeds that you miss out on your God given purpose.

An example is that of Ari. She volunteers at the local women center. She can be found making flyers, cleaning the center, preparing meals and encouraging the women. She always dreamed of having her own women center. The head of the company is looking to retire and turn the business over to someone. Ari's God given purpose is to be an advocate for women and enhance their lives through this open avenue. She is too busy doing good deeds that she is missing out on interning and gaining the knowledge needed to run the company.

How do you know what your God given purpose is? Let's be clear I am not forcing religion on anyone. I personally believe in God and am a Christian. However, I truly believe that there is a purpose whether you say "God given" or just "purpose" for everyone. We are all created here for something.

For me, I ask God to show me my God given purpose. I ask that I be guided daily with the right connections and people to meet this purpose. However, if that is too much for you to handle here is a simple answer.

What is it that you love to do? What is it that agitates you when done wrong? What can you constantly talk passionately about? What areas do you love to volunteer in? What do you see yourself doing in life? What makes you smile when you talk about it?

The answers you provided are your “purpose”. Take a step to accomplishing those things. If you find doors open and you are happy in that area great. If not try something else.

For example:

A student feels she is called to be a doctor. She begins researching education requirements and even gets a chance to shadow a doctor. While shadowing this doctor she meets a social worker. They begin to talk and she falls in love with the field. She then goes on to be a social worker who opened a home for foster children who aged out the system.

My overall point is that we are all created to do something amazing. It may be something simple or even something world changing. Whatever it is, embrace it.

Don't be so focused on doing good deeds for everyone that you never fulfill your assignment.

Advice from People Going Nowhere

Now, you can't direct someone else's life if you are not active in your own life. Quit taking advice from people going nowhere. You don't take house buying tips from someone still living on college campus. You don't take entrepreneur tips from someone still working underneath a boss. You don't take parenting tips on someone who has never been around a child.

You don't take advice from people going nowhere. How can you tell someone else how to live their life if you are not an active participant in your own? If you have no intention of having or doing more with life, don't try to lead someone else's life.

Take advice and gain insight from those who can help you. Change your circle. You do not need to be the smartest person in your circle. This simply means the higher you go the more you run risk of the "crab mentality."

When you are surrounded by people going nowhere they don't

understand your need and drive for more. They are content with where they are in life even if it is nowhere. They see no need to obtain more when everything seems normal now.

You want to surround yourself with people who are going where you want to go. Have mentors who have more than you. Don't be so caught up in age and time. You can have a mentor who is younger and more successful than you. The goal is to learn how to get to your next level in the shortest time possible while gaining the most during the journey.

Don't stunt your growth and limit your potential with people going nowhere. They are content where they are. So leave them where they are. If they are not helping you get to the next level, they will become that crab that pulls you back down.

Quit taking advice from people going nowhere!

Grace, Mercy, Karma Effect

My favorite saying is “What grace and mercy don’t protect, karma will always correct.” In life you go through various situations. I would always say after I had been done wrong, or had a bad situation take place:

“That’s ok. What grace and mercy don’t protect, karma will always correct.” Sure, this came from a place of hurt and anger. Yet, the message is universal.

Don’t focus on getting even with people. Don’t worry about them “getting what’s coming to them.” Live life to the fullest! This simply means “no regrets.” Do what makes you happy. Quit catering to others who don’t invest in your life. See yourself as the bank. If others are constantly making withdrawals but no deposits, cancel their account and send them an overdraft statement. In other words, quit allowing others to have so much control over your emotions and cause you to constantly react.

Grace comes to give us what we don’t deserve. Mercy comes to protect us from what we do deserve. Karma comes to teach those “amazing life lessons” of reciprocity.

Live life and let the chips fall where they may. You can’t control how people interpret things neither can you

control what they do. You are only responsible for what you say and do.

Let the work you've done speak for you. This simply means your deeds will be rewarded. All your hard work will be appreciated. All the tears you cry will be replaced with joy and laughter. All the broken promises and lies will be redeemed with truth and fulfillment.

What you give attention to grows and affects your mind and future. Yes, that event did break your heart. Yes, they did lie. Yes, it takes time to heal. Yes, you were handed a bad deal. However, don't dwell on the negative.

Yes, you survived that and will survive the next thing. Yes, you are stronger because of it. Yes, you will succeed in spite of it. Yes, you will see victory in time.

Focus on the good and allow grace, mercy and karma to have their way.

Listen to that Gut Feeling

We all have that moment when we get a gut feeling. It could be that feeling telling you not to do something. It could be that small voice telling you to make that move that could open doors and unleash possibilities. It could be that gut feeling that tells you something just isn't right and run.

We all have that gut feeling. It could be that hesitation at a green light and causes you to miss being hit by a speeding truck. You decide to take a chance on a guy and he ends up being your husband. You decide to invest in a business and it ends up bringing you millions.

Listen to the signs. Something just doesn't feel right. Your mind just can't rest on an issue. There is something that just doesn't add up about that particular person. You feel a sense of danger. You feel an urgency to help. You are familiar with how to do something that is being presented to you. You get a "this is it" feeling. You just can't put it into words, but feel this is your opportunity to seize. We all have those moments where we have a gut feeling. Listen to that feeling.

Feed Your Mind Strengthen Body

What you meditate on and read you turn into your vocabulary. What you constantly say becomes your way of thinking or way of life. What you say then becomes what you do. What you do then affects your body and entire life. What you do affect the circle you keep, the career you have, the relationships you form, and the legacy you leave.

Feed your mind with positive affirmations of success and health. Put sticky notes of inspiration around. Feed your mind with books on bettering yourself. This could be healthy living cookbooks. This could be self help books on meditation and embracing the unique you.

Humans can spend hours in front of a television watching marathons and shows. I am guilty of a NCIS or Law and Order SVU marathon myself. I love a good Have and

Have Nots show too. However, you must have balance.

When you can get into your mind where it is you want to go, you can achieve it. If you take the time to feed your mind, your body will be strengthened. Have you ever read something and afterwards you felt so drained? Have you ever read a book and afterwards you felt motivated to go conquer the world? Have you ever talked yourself out of something because it just didn't make sense in your mind?

My point is, where the head goes, the body has to follow. What you feed your mind will program your body to follow. Your body will then take actions that will affect your destiny. Feed your mind and strengthen your body.

People Transitions: Seasons & Reasons

People come in our life to transition us to the next level. People come for seasons and reasons. The worst thing a person can do is try to make a seasonal person permanent. People enter your life during seasons of transition.

You can have someone come into your life to help you through a difficult time. That person could have been your sounding board and solid rock. Then something happens and they leave your life. Don't try to force anyone to stay that was only meant to come for a specific purpose. Learn the reason behind their visit and appreciate the season they are in your life.

People can marry someone who was only supposed to be in their life for a season but they made them permanent. They end up going through so much turmoil in the marriage. This is because they turned a seasonal person into a permanent player.

A person can come in your life to speak life to you after the death of a loved one. Their season ends when you are healed and can move on.

A person can come in your life to be a leach. That is their reason. They want to rob you of your best years and see what they can get out of you.

A person can come into your life to restore what little faith you do have in men and relationships. They can come

and love you in spite of your hurt.

A person can come into your life during the season you are in college. They can be your mentor and help you navigate the college life.

A person can come into your life with the reason of wanting to connect you with the right people to get to the next level.

A person can come into your during the season where you have little to no faith in the human race. They can help you get back on your feet.

My point to all of this is that people come into our lives for seasons and reasons. Appreciate their visit and allow them to transition when the season is over.

Celebrate Each Victory & Milestone

It is imperative that you celebrate each victory. Don't go from goal to goal without celebrating the milestones. If you have a 2 year goal to be a homeowner, celebrate the victory of getting your finances in order and a real budget. Then celebrate the milestones ahead such as securing a

lender, finding a realtor
and getting preapproved.

If your goal is to get
married within the next year
celebrate the victory of being
open minded to love again.
Celebrate the milestones of
getting a man, staying with
that man for 6 months, having
him propose and setting a
wedding date.

If you are looking to
open that business celebrate
the victory of creating a
business plan. Then celebrate
the milestones of establishing a
board or team, getting
investors, finding a building,
and printing business cards.

If your goal is to be a
doctor celebrate the victory of
getting into college. Then
celebrate the milestones of
picking a major, taking your
core classes, shadowing a
doctor and making good grades.

If your goal is to lose
weight then celebrate the
victory of having the mindset.
Then, celebrate the milestones
of joining a gym, purchasing
gym clothes, attending the
gym and seeing the results.

My point is, to prevent
you from being too hard on
yourself, celebrate each victory

and milestone. It will help you become appreciative of the journey and see your progress along the way.

Learn When to Say “No”

This is a crucial point! So many times we are afraid of hurting people’s feelings by saying “no.” However, I truly believe that you are only doing yourself an injustice. When you constantly say “yes” to people it puts into their head that you will always be there to meet their need. When you say “yes” it causes that person to not take initiative because they know you will do it.

Constantly saying “yes” also puts you on a pedestal to always provide for that person. It gives you added responsibility unnecessarily. Learn how to say “no.”

When you constantly say “yes,” it adds “wear and tear” to your body. You constantly have to leave your home to go tend to them. You could be sick in your body but because you can’t say “no” you run to tend to that person.

I learned when I had my surgery and could no longer do for people this valuable lesson. When you are not around to do for people, they magically get up and do for themselves.

They have no other choice but to take the initiative. I also learned that if you die today, life will go on “business as usual” tomorrow.

The take home message is simple. Learn to say “no”.

Be Faithful not Perfect

I have made up in my mind to do this very thing. I am going to be faithful and not try to be perfect. People can put you on a pedestal making you feel that you are on some higher level. However, if the truth be told, we all make mistakes. We all go through storms and various situations. I love the song that lyrics say: “Nobody’s perfect! But you’re perfect to me.”

I am not striving to be “perfect”. I would rather be labeled “perfectly me”. I am striving to be faithful over what I have been blessed with.

You should strive to not just maintain a state of being but enjoy life to the fullest. Be faithful over what you have. You could have a one bedroom apartment. Be faithful over that

apartment and treat it like a palace.
 You don't have to be perfect
 and compete with no one else.

You were created for a specific
 purpose and are uniquely designed.
 Even if you are a twin, you still have a
 unique identity no one can duplicate.
 You are "perfectly you"! You were
 created to be original not a duplicate of
 what you see. Nobody can tell your
 story like you can. Nobody can play
 the role of you better than you.

Embrace your unique self! The
 secret to life is to be faithful not
 perfect. Enjoy every rollercoaster
 experience life throws at you. Learn the
 lesson behind each one. Be appreciative
 of every opportunity. Understand time
 heals all and seasons do change. You
 can only go through so much before
 the sun begins to shine. Be faithful!

Message from Author

*Hello beautiful people! I am truly grateful
 for the opportunity to bring you yet another
 book. I love to inspire people to be better and
 enjoy life to the fullest. I trust that you were
 able to take nuggets away to empower your
 life. You can and will achieve greatness!
 Life lessons come to strengthen our core.
 Learn from these lessons and pass them on.*

*Some lessons are taught and some
are caught when you watch others.*

Be inspired.

Be creative.

Be you.

Dr. Whitney Gillespie