



DreamLift

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a monthly newsletter from

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helping people create happier, more passionate lives!

Learn Something Every Day

When I was a child, I remember arriving home from school to Mom's question, "What did you learn today?" I rarely felt prepared to answer, even though I knew the question was coming. What DID I learn today? I would find something of apparent interest in my day and regurgitate the lesson for my mother's benefit.

At some point - likely in the middle school years - she stopped asking. I'm sure she still wanted to know, and I suspect I had turned into a nasty teenager whose answer was "nothing". And, I stopped thinking about what I'd learned for many, many years.

Somewhere along the line, however, I had an epiphany. It occurred to me that my mother's question was not only still relevant, it was critical to my personal growth. Recognizing, acknowledging, and appreciating the learnings of each day supports me in so many ways.

Let's face it. Some days it seems like all we get is --- well --- poop. Life seems to hand us challenging information with regularity. Just turning on the television can be enough to send us over the edge. It's easy to close off, to run away, to avoid, to do everything in our power to escape from the day.

There's a Buddhist philosophy that suggests everything (and everyone) is here to teach us. Everything that "shows up" is perfectly designed to give us exactly what we need to know. Everything appears at exactly the right time to support us in the highest way possible.

Think about what you might discover by looking your day square in the eye and asking, "What can I learn from this?" Since Mother's Day was just yesterday, it seems a wonderful time to revisit Mom's insightful question.

Playtime

What did you learn yesterday?

Take a moment and review your day. Whether you spent it with family, friends or alone, think about the day from the perspective of seeking the learning.

Here are some questions to help ignite your thinking:

- Were you surprised by anything in your day? What surprised you? What can you learn from that surprise?
- Was there something you read or heard today that challenged an old way of thinking?
- Did someone inspire you, encourage you or compliment you? What can you learn from that moment?
- How balanced was your day? Anything to learn there?
- Did you do anything today that you'd like to do differently next time? Remember, there's no such thing as a "mistake"...just feedback for the next time.
- What judgments did you make about others? So often, pointing a finger at someone else is an indication we need to be pointing at ourselves. When you notice yourself judging someone else, ask yourself what is the learning for YOU in that judgment.

Become a life-long learner by paying attention to the great unfolding of each and every day. You might be surprised how much more there is to learn!!!

How about "schooling" yourself today?