

ADVICE

MY Parents GAVE ME

and

*Other LESSONS I Learned
From My MISTAKES*

*409 thoughts, quotes, lessons, ideas,
suggestions, reminders, words of advice
and encouragement to lead a successful,
rewarding, peaceful, happy,
and fulfilling life*

Rodolfo Costa



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*and Other Lessons I Learned From
My Mistakes*

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***Admypagame* Series**

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INTRODUCTION

This book is a collection of 409 thoughts, quotes, lessons, ideas, suggestions, reminders, words of advice and encouragement about life in general that were passed on to me by my parents or that I learned at one time or another throughout my life. It includes lessons I have learned from my mistakes and from my share of problems and setbacks. It touches on attitude, goals, responsibility, persistence, success, relationships, planning, personal/spiritual growth, and fulfillment.

This book is about seeing and experiencing life in a different way, about growing and evolving as a person and human being. You may already know, or may have heard, some of the advice, ideas, and lessons you are about to read. I hope and wish you are already implementing them in your life, but if

not, perhaps you just need a little reminding—we all do. You may be reading some of the lessons for the first time. You may not agree with some of them. That is fine—we do not always share the same opinions and ideas—but I hope this book inspires you to think and reflect about your own life, your dreams, your goals, your aspirations, your circumstances, and your relationships. I want you to build the courage to create your own ideas, and to live your life to the fullest, striving to reach all of your dreams and goals, whatever they may be, so you can become a better, and more fulfilled, person than you were before. I want you to enjoy your family, your friends, and your time alone, to “slow down to smell the roses” and enjoy your life in general.

This book is about giving yourself choices without getting consumed with daily life. Do not ignore your daily responsibilities, but do not get consumed by them. Plan for tomorrow but live for today—live in the “now.” If you do what you need to do today, to the best of your ability, to accomplish your dreams and to live the life you want, tomorrow will take care of itself. Since all

you have is today, squeeze every single minute of it and begin your change *now*.

I had been thinking about writing this book for a long time as I was hearing my parents' voices in my mind and reliving some of the advice and life lessons I am about to share with you. But I just never got around to it. There was always some excuse, some interference—something more “important.” Time seemed to be moving faster and faster in front of my eyes, but I did not want to notice. I finally stopped giving myself excuses not to do it and set up a deadline—my fiftieth birthday.

Like most of us, I have had my share of successes and disappointments, but I must say that, overall, life has been wonderful to me. Unfortunately, for a while I was too busy within my own world to realize that and became complacent. Now, after doing some soul searching, thinking about my life experiences, my ups and downs, my joys and sorrows, my dreams and plans, my achievements and disappointments—my existence in general—I can say with all conviction that I am grateful for what I have learned from my parents, grateful for what I have experienced, grateful for what I have been taught by every one of life's battles, especially

the ones that I lost. I am grateful for my existence. This is how I choose to think, and now this is how I choose my life to be—*wonderful!* No excuses!

Unfortunately, most of us live by default. We all have dreams, ideas, and plans for our lives, for what we want to achieve, for what we want to become, yet a lot of us never accomplish what we dream. For one reason or another, we do not really seem to want what we say we want—although we say we want it—we lack the motivation, enthusiasm, and determination to get it. This may be because we do not see or have an idea as to how we are going to turn our dreams into reality, so we never give ourselves the opportunities to make them happen.

I always heard “dream until your dreams come true,” but I also learned that dreaming alone would not make those dreams come true; I had to take some action to realize and fulfill them.

Many of us see our lives pass in front of our eyes while we are worrying and waiting for all the pieces of the puzzle to be ready and perfect before we can move ahead. We are waiting for the right time to act, and the right time never seems to come; we make excuses to make ourselves feel better about our lack of motivation and determination,

and perhaps to make peace with our egos and self-esteem.

We tell everybody why we did not do and accomplish what we wanted to do, why we are where we are. We are looking for validation from others. Perhaps, we want them to tell us that yes, indeed, it is not our fault, that is how life is; there is nothing we can do. But in truth, if you want things to change in your life, if you want to make your dreams come true, you are the only one who can do it no matter what your present circumstances are.

Do not wait any longer. Take charge of your life. Set your mind to start now. Forget about the past—it is gone. Do not worry about the future—it is not here yet. Create the desire to change your current situation and circumstances. Nobody is going to do it for you. The right time to begin is now; no more excuses! The sooner you act, the closer you will get to your dream, because time does not wait.

Stop being a victim, stop creating self-imposed limitations, and stop the excuses. Many world-class achievers have had problems or disadvantages in their lives. They were raised in poverty, have some physical disability, or were abandoned or abused when they were children. They have had many

The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind.

William James

To everyone is given the key to heaven; the same key opens the gates of hell.

Ancient Proverb

Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill.

Charles Swindoll

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POSITIVE ATTITUDE and OPTIMISM

- 1 Life is wonderful, life is horrible, life is fabulous, life is terrible, life is great, life is awful, life is challenging, life is “a piece of cake”, life is unfair, life is beautiful, life is ugly, life is tough, life is easy ... In reality, life is whatever you make it.
- 2 The way you feel is a decision that you make every day. It is sometimes a conscious decision and sometimes an unconscious one. Be more in touch with your thoughts and feelings and make the decision to start every day, in a positive and optimistic way.

- 3 There is a choice in every situation you face. You can see it in either a positive or a negative way. You can feel happy or you can feel miserable—the choice is always yours.
- 4 Your attitude is everything. Always try to maintain a positive attitude about things. This will help you build the courage to change things, it will help you find the serenity to accept things you cannot change, and it will give you the wisdom to know the difference. Gain power over your attitude.
- 5 Work on your attitude. Learn to control it before it controls you.
- 6 A positive attitude is far more important than aptitude for a successful life.
- 7 You cannot change a lot of things that happen in your life, but you can always change how you react to what happens in your life.
- 8 Do not focus and waste your energy on the “little problems” of your daily life. Do not allow yourself to make them bigger than they are.

- 9 Be an optimist. Learn to see and appreciate what life offers you. Concentrate on the positive and the beautiful things in your life.
- 10 Try to look for the good and positive in bad situations.
- 11 Be alert and pay attention to what is going on around you. Opportunities come in many shapes and forms—many times your setbacks or problems are opportunities in “disguise.”
- 12 Be creative—use your imagination. Take those opportunities and turn them into successes.
- 13 Eliminate the word “failure” from your vocabulary and replace it with “learning experience.”
- 14 Remember the word “failure” is just a state of mind. Approach it with a positive attitude and you will notice that it will become a learning experience toward your success.
- 15 There are no failures in life, only results—positive or negative. If you do not get the result you want, look for options, make

adjustments, and try a different approach until you get the result you want.

- 16 Always look for better ways to do things. Be proactive and be a part of a solution, not a part of a problem.
- 17 Use your wisdom and common sense to create positive changes in your life.
- 18 You are not finished when you do not get the result you want, you are finished when you give up. Never give up!
- 19 Trust your intuition. Have faith, confidence, and belief in yourself. You are capable of creating and achieving great and wonderful things in your life.
- 20 You are the one who creates your life, and you are the one who creates your future.
- 21 Be in charge of your destiny. If you do not control your future, somebody else will.
- 22 Allow yourself to see beyond what others think is possible, wise, or practical. You can create a different reality and make a

If you don't know where you are going, you will probably end up somewhere else.

Lawrence J. Peter

Obstacles are those frightful things you see when you take your eyes off your goal.

Henry Ford

Your goals are the road maps that guide you and show you what is possible for your life.

Les Brown

If you aim at nothing, you'll hit it every time.

Unknown

A year from now you may wish you had started today.

Karen Lamb

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.

Doug Larson

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GOALS and MOTIVATION

- 53 Face your reality with courage. Realize that you have the ability and the potential to alter your future in a positive way.
- 54 Have goals. Goals make you focus on what it is that you want to achieve.
- 55 Goals give you a purpose, a sense of direction. They add meaning to your life.
- 56 Give yourself a target, prepare a plan and go for your goal. You will never hit your target if you do not have one.
- 57 Establish goals for yourself, no matter how big, crazy, or unattainable they may seem. Who are you not to achieve them and be

successful? Who are you not to be the person you want to be? Believe in yourself.

- 58 Write your goals down. Set in writing your immediate, intermediate, and final goals. Go over your list and read them aloud daily. Let your subconscious mind know what you want.
- 59 After writing down your goals, make specific plans to achieve them. Work at those goals every day.
- 60 Start now building the motivation to make your goals a reality. Stop waiting for everything to be perfect before you begin.
- 61 Do not be overwhelmed with or intimidated by the unknown. As you work to make your goals a reality, you will notice that all of the pieces of the puzzle will start fitting and falling into place, and everything will start to make more sense.
- 62 The desire to reach your goals must be stronger than the fear you may have of not accomplishing them.

- 63 Every time you achieve your goals, you grow and become more confident in your abilities to make your other dreams come true.
- 64 Follow your dreams until their realization. Do and learn as you go. Progress will guide you. Progress is what counts, not perfection.
- 65 If your goal seems overwhelming, set smaller goals that will help you get closer to your big goal. Set timelines to accomplish them and continue one step at a time.
- 66 You will discover that when you have long-term goals, you will not be bothered, frustrated, or discouraged by short-term difficulties and setbacks.
- 67 Focus on your vision and take action to make your dreams a reality—keep on dreaming until your dreams come true.
- 68 Commit yourself to what you want to achieve, to what you want to create, to what you want to become. When you commit yourself to achieving your goals and dreams many forces in the universe begin to work

You should never marry someone hoping to change them; you should marry someone hoping they will never change.

Colby Bates

Present your family and friends with their eulogies now—they won't be able to hear how much you love them and appreciate them from inside the coffin.

Unknown

The quality of your life is the quality of your relationships.

Anthony Robbins

The problem with relationships is that people are so busy falling in love that they forget to fall in like.

Unknown

My marriage brought me neither happiness nor pain. My husband and I hardly spoke to each other. This wasn't because we were angry. We had nothing to say.

Marilyn Monroe

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LOVE and RELATIONSHIPS

- 286 Learn to enjoy and appreciate every single beautiful detail that life and your loved ones offer you.
- 287 Love with all your passion and without any reservation. Even though you may get hurt, you will live your life to the fullest.
- 288 Keep in mind that a great love, like any success in life, involves some kind of risk. Go ahead—*take it!*
- 289 Do not let your ego or personal pride get in the way of your relationship. In the end, it doesn't matter who is right but what is right.

- 290 In a relationship, do not take the other person for granted. Let your mate be who he or she really is—do not try to change or control him or her.
- 291 Do not put conditions on the love that you give. Accept people the way they are. Do not expect and demand that people fit your mold before you love them.
- 292 In relationships, opposites do attract but not in the long run.
- 293 To keep a healthy and successful relationship, you have to watch it, work at it, nurture it, pay attention to it, and care for it. You must do all this on a consistent basis.
- 294 Love is a great part of a relationship, but it is not all.
- 295 Always tell your loved ones what they mean to you and how much you appreciate them.
- 296 Do not enter into a relationship expecting to get something. Instead, enter into a relationship willing to give something.

- 297 You do not have to be compatible with your mate in everything, but you have to be compatible in most things.
- 298 In a relationship, if you have to express your point of view, do it! Debate, argue, express your opinion, but never insult.
- 299 Do not become possessive. The purpose of a relationship is to complement each other, grow together, and achieve your common goals as a couple. At the same time, you must each maintain your individual identity as a human being.
- 300 Do not become controlling, or you will not be able to control the relationship.
- 301 Do not be jealous. You will poison your soul by letting your imagination wander. Do not allow your mind to create incredible stories without any foundation.
- 302 Relationships can be hard sometimes, but instead of trying to find reasons not to be together, look for and find reasons to be together.

- 303 When in a relationship, do not waste your mental energy expecting your chores and responsibilities to be shared equally, sometimes you have to do and give 100 percent and it is fine. Just do things as they need to be done, regardless of whose turn it is.
- 304 Practice communication and understanding to achieve a healthy relationship with your significant other.
- 305 Do not get too comfortable with silence; if there is a problem, talk it over. The issue, problem, or situation is not going to go away by itself. If you do not talk about it, it may only get worse.
- 306 Honesty, sincerity, respect, integrity, and reliability are ingredients that build trust and hold relationship together.
- 307 Surprise your loved one with flowers—just because ... it is a great way to say “I am thinking of *you*.”
- 308 It is not a matter of just finding the right partner, but also of being the right one.

*We cannot always build the future of our youth,
but we can build our youth for the future.*

Franklin Delano Roosevelt

*You may give them your love but not your
thoughts. For they have their own thoughts. You
may house their bodies but not their souls, for their
souls dwell in the house of tomorrow, which you
cannot visit, not even in your dreams.*

Kahlil Gibran

Ask the young, they know everything.

Joubert

Discipline is a symbol of caring to a child. He needs guidance. If there is love, there is no such thing as being too tough with a child. A parent must also not be afraid to hang himself. If you have never been hated by your child, you have never been a parent.

Bette Davis

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CHILDREN

- 319 Tell your spouse and children how much you love them every day. Do not just assume that they already know.
- 320 Do not try to be your children's "friend." I am sure your children have plenty of friends of their own.
- 321 Be a parent and act like one! That is what your children need. Do not spoil them. Give them all your love, but instill discipline and respect.
- 322 Be involved in your children's life. Listen to them, talk to them, get to know their friends, and get to know their interests.

- 323 Give your kids your time, attention, love, and affection. Do not try to use material things as a substitute for your time, attention, love, and affection.
- 324 Do not try to live your life through your children's lives. Do not be selfish. Let them be whatever they want to be, let them have and dream their own dreams.
- 325 Instill in your children the habit of reading at an early age. This habit will help them exercise and expand their minds.
- 326 Help your children develop a solid moral view by teaching and explaining to them good character traits such as honesty, loyalty, compassion, and respect for others.
- 327 Minimize the time your children spend watching television, playing video games, and "surfing" the Internet.
- 328 Let your children have their own thoughts— do not try to make them like you.

We are all full of weakness and errors; let us mutually pardon each other our follies

Voltaire

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

Marcus Antonius

Forgive all who have offended you, not for them, but for yourself.

Harriet Nelson

A wise man will make haste to forgive, because he knows the full value of time and will not suffer it to pass away in unnecessary pain.

Rambler

Some people just need a little motivation and reassurance to allow themselves to see beyond what others think is possible, wise, or practical, while others just need a little inspiration to use their imagination wisely so they can become part of a solution not part of a problem. **Advice My Parents Gave Me, and Other Lessons I Learned From My Mistakes**—may just provide that motivation, reassurance, and inspiration—409 practical, thought-provoking, “bite-sized” ideas and suggestions to encourage the reader to move forward to a successful and happy life, while becoming a better person in the process.

“This book is easy-to-read and loaded with wit, wisdom, and insights to enrich your life.”

- Brian Tracy, author of *No Excuses*

“This is my kind of book. It's to the point, easy to digest, thought provoking, and filled with gems of wisdom ... a wonderful little book that I will keep on my night table for a long time.”

- Dr. Alan Gettis, author of *The Happiness Solution*

“I gave it an overall A and thought it very fitting reading for this day and age ... **Advice My Parents Gave Me** ... will appeal to anyone that is interested in ideas to better one's self.”

- William Phenn - Reader Views

“Readers will be inspired to reevaluate their own lives attitudes and motivations ... *Hartford Books Examiner* dares you to pick up **Advice My Parents Gave Me** ... and begin your own journey toward self-discovery and fulfillment.”

- John Valeri - *Hartford Books Examiner*

“A wonderful wealth of knowledge ... a great motivator for anyone looking for a way to channel their desires and ambitions into reality.”

- Kristen B - *Luxury Reading*

Self-Help / Inspiration

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