



DR. MICHELLE ROBIN'S

30 Lessons in 30 years

1. Be Connected
2. Be Intentional
3. Be Positive
4. Be Flexible
5. Be Love
6. Be Kind
7. Be Active
8. Be Hope
9. Be a Go-Giver
10. Be Encouraging
11. Be Thoughtful
12. Be Authentic
13. Be Huggable
14. Be Compassionate
15. Be Curious
16. Be Congruent
17. Be a Lifelong Learner
18. Be Well
19. Be Still
20. Be Faithful
21. Be a Friend
22. Be Trustworthy
23. Be Present
24. Be Generous
25. Be a Light
26. Be Persistent
27. Be Fun
28. Be the Ripple
29. Be Grateful
30. Be YOU

See the expanded edition of each lesson at
SmallChangesBigShifts.com/30Lessons



“I am still learning.”

— MICHELANGELO

When we are born, we learn simple things like knowing when we are hungry or need sleep. Over time, lessons become more complex. We move beyond survival skills and begin learning them through relationships, reactions, reading, reflection, and even recognition of ourselves in others.

After being in the wellness industry for 30 years, I wanted to acknowledge my journey and pen 30 lessons I have learned along the way in hopes that each lesson will enter your life at the right season, and you will recognize it in greater ways when it does.

As this list unfolded, it only began to flow when I let the word “Be...” go before anything else. Part of embracing these lessons meant I first needed “to live” them – which is the same definition as the word “Be...”

I know my journey will continue to illuminate life around me as I stay open and aware. I hope you, too, respond to your heart’s calling to be a lifelong learner. May the smallest lessons reveal the biggest things, like who you are and the unique fingerprint you have in this world. Unknowingly, you will naturally encourage people when they see you beginning “to live” from your own life lessons and all that you have endured and embraced to be this amazing version of you.

Dr. Michelle Robin