



[Go-Go-Go-Go Shortie...It's Ya Birthday...We gone party like it's ya birthday]

... and you know I only listen to the beginning of that song cause the rest is a blur. But ... yes, it's my birthday tomorrow ... and I give thanks and blessings that God has brought me through another year. A birthday is a joyous occasion ... *hell* more than that, but I'm just glad to be here and everything else [good and bad] over the past year is in my rear-view. Tomorrow I will be 51 ... *yes*, I said it ... 51 and *damn* I'm old [but not really]. Nowadays we call it seasoned. I guess if I didn't tell you how old I was you wouldn't know so it feels like I'm sitting on this secret ... [well...outside of the blog-o-sphere].



1. Cherish your close friends
2. Pick your battles
3. Relax + Relate + Release
4. Self-care is everything
5. Sleep
6. Have a creative outlet

7. You don't have to do it all right now
8. Let your children make their own mistakes
9. Brown-skinned girls do need sunscreen
10. I'm a weirdo and it's OK
11. Don't sweat the small stuff
12. You can press the reset button at any time
13. Learning to love my natural hair
14. Don't worry about what other people are doing
15. Don't let negative thoughts pay rent in your head



16. Exercise *is* good for you
17. Having rhythm and dancing are two different things
18. It's ok to be picky
19. Hot baths are everything
20. Drink the wine
21. Love with all your might
22. Broken hearts mend
23. There is a thing as too much social media
24. Try new things
25. It can only hurt you if you let it
26. Cherish your children
27. Respect your elders
28. Stop and smell the flowers
29. Don't shit where you eat
30. Write it down
31. Know God
32. Love your body
33. Work smart not hard
34. People don't need to know everything
35. Embrace the unknown
36. Bacon [in moderation] is not bad for you
37. Sometimes falling is inevitable
38. Eat clean

39. Embrace your quiriness
40. Growing old is ok
41. Listen
42. Everything doesn't require a reaction
43. Don't let people take advantage of your kindness
44. Makeup can be your friend ... embrace it
45. Be kind to your body
46. Laugh always
47. People can surprise you
48. Stay in your lane
49. Yoga is life
50. Find your groove



I want to take this time to thank everyone for visiting my blog today. If you're a new follower thanks so much for joining the family and if you're a current follower I really appreciate that love. As always don't forget to "like", "comment", "follow". - Peace -

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