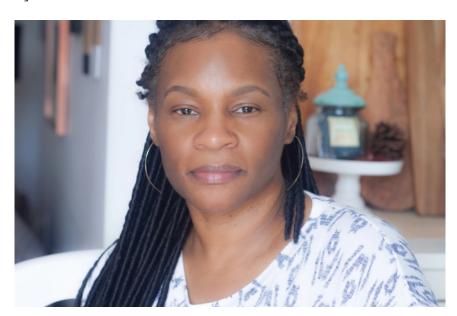


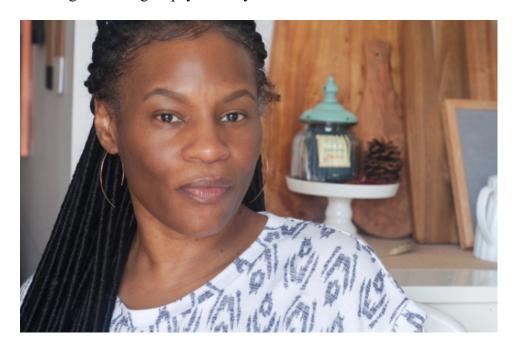
[Go-Go-Go-Go Shortie...It's Ya Birthday...We gone party like it's ya birthday]

... 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 quirkiness
- 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 -

## SOURCES:

HEADER Photo by <u>Brooke Lark</u> on <u>Unsplash</u> + PHOTOGRAPHY + By Wyetha| PROCESSING + Photoshop + Lightroom | MAKE-UP + By Wyetha | FOUNDATION + Faerie Organics [<u>Golden Deep</u>] | HIGHLIGHTS + <u>Born to Glow</u> [NYX] | BROWS + <u>Ulta Slim Brow Pencil</u> [dark brown] + <u>Gimmie Brow Eyebrow Gel</u> [Benefit] + <u>Brow Setter Gel</u> [Benefit] | LIPS + <u>MAC Lipglass</u> [Bittersweet Me] | HAIR + Crochet Faux Locs [Local Stylist] Havana Mambo