

# 50 THINGS I LEARNED AT 51



A birthday is a joyous occasion [well more than that] it's a time to celebrate the good and bad experiences over the past year. On your birthday the previous year is in your rear-view, so we focus on the day. Nowadays we don't say old, we call it **seasoned**, and this seasoned sista is sharing the 50 things I learned at 51.

- Cherish your close friends
- Pick your battles
- Relax + Relate + Release
- Self-care is everything
- Sleep
- Have a creative outlet
- You don't have to do it all right now
- Let your children make their own mistakes
- Brown-skinned girls do need sunscreen
- I'm a weirdo and it's OK
- Don't sweat the small stuff
- You can press the reset button at any time
- Learned to love my natural hair
- Don't worry about what other people are doing
- Don't let negative thoughts pay rent in your head
- Exercise is good for you
- Having rhythm and dancing are two different things
- It's ok to be picky
- Hot baths are everything
- Drink the wine
- Love with all your might
- Broken hearts mend
- There is a thing as too much social media
- Try new things
- It can only hurt you if you let it
- Cherish your children
- Respect your elders
- Stop and smell the flowers
- Don't shit where you eat
- Write it down
- Know God
- Love your body
- Work smart not hard
- People don't need to know everything
- Embrace the unknown
- Bacon [in moderation] is good
- Sometimes falling is inevitable
- Eat well
- Embrace your quiriness
- Growing old is ok
- Listen
- Everything doesn't require a reaction
- Don't let people take advantage of your kindness
- Makeup can be your friend ... embrace it
- Be kind to your body
- Laugh always
- People can surprise you
- Stay in your lane
- Yoga is life
- Find your groove

## SOURCES:

PHOTOGRAPHY + Wyetha

PROCESSING + Photoshop + Lightroom

MAKE-UP + Wyetha

HAIR + Crochet Faux Locs [Local Stylist]

Havana Mambo