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In celebration of the Bronnie's 15th birthday I started making a list of 15 things I've learned over 15 years

1. I've learned that whatever thoughts you place your focus on, things choose to be. You see it. Mike Dooley says it's like a magnet.
2. I've learned how to step out of a downward spiral. Okay, in a bad way, but I've learned to stop it.
3. I've learned that whatever I think I want, what I actually feel is what I get. Christy Doolan says that's the truth.
4. I've learned that nobody's life is by mere coincidence. Timothy Leary says that everything is connected.
5. I've learned the horror of half-heartedness: Yoda from 'Star Wars' says: "Try not. Do or do not do." I've learned to be whole.
6. I've learned to change my perspective about things I don't want. They help me to get clear on what I do want.
7. I've learned that acceptance is not approval. Eckhart Tolle writes that the pain of not accepting is unbearable.
8. I've learned to have one whole in life. It takes the form of a question I ask myself before deciding: "Is this worth it?"
9. I've learned to listen to the voice in my head. No such thing as a weird coincidence. It's just the voice.
10. I've learned the truth of the saying: "Waldo Emerson said that is constantly trying to make you see things differently."
11. I've learned that playfulness is vastly underestimated. Mike Dooley's Frank says that playfulness is a superpower.
12. I've learned that it's your beliefs – and the behaviour that stems from those beliefs – that create your reality.
13. I've learned that the worst reason to do things without the right approval until you claim who you are.
14. I've learned that taking a claim on anything is a lot. Mike Dooley says you pick your destination, how you get there, and when you get there.
15. I've learned that unless you love your own shadow, you will continue seeing them in others. Carl Jung says that's the truth.

So, if these are the 15 candles on my Bronnie-birthday cake, we should blow them out now. Close your eyes.