

Share Your Best Advice

- ❖ *What's the best advice you've ever gotten? Do you follow it? How can we use good advice to improve our lives? Here are some thoughts from women on living your best life:*

From: The Fortune 500 Most Powerful Women Summit (October 2014):

- “Raise your own expectations of what you can achieve” (Sheryl Sandberg)
- “Learn to follow your gut” (Tara Hunt)
- “Disrupt yourself to get to the next level” (Whitney Johnson)
- “Proactively manage your career” (Valerie Sutton)
- From other conference participants:
 - “Understand what is important”
 - “Be at peace with yourself”
 - “Nurture people and relationships”
 - “Write it down and work towards it”
 - “Visualize success always”
 - “Work on your self-confidence”
 - “Stay close to people who inspire you”
 - “Persist until you succeed”
 - “Act now, and make it a habit”

From: *The Best Advice I Ever Got: Lessons from Extraordinary Lives*, by Katie Couric (2012)

- “Let ‘em know you’re there” (her Mom)
- “Be not afraid. It’s truly the secret of life” (Anna Quindlen)
- “Don’t be afraid of being afraid” (Maria Shriver)
- “We don’t go through things, we grow through them (Mo’nique)
- “Fall down and get back up” (Michelle Kwan)
- “Determination makes the difference” (Robin Roberts)
- “Do what is right, not what is easy” (Suze Orman)
- “Take time to know yourself” (Beyoncé)
- “Get off the sidelines” (Chris Everet)
- “Get over yourself” (Ellen Levine)
- “Empathy opens doors” (Meryl Streep)
- “Never stop learning” (Maris Elena Salinas)
- “Follow your bliss” (Barbara Walters)
- “Feast on your life” (Rosario Dawson)
- “Be true to yourself” (Ellen DeGeneres)
- “Find your next adventure” (Condoleezza Rice)
- “If you set your mind to it, you can do anything you choose” (Martha Stewart)
- “Make your own path” (Maya Angelou)

- ❖ *Now it’s your turn. If you had to give someone your best advice, what would it be and why?*