

## Things I Have Learned

- We are all children of God- He loves us all, even when we make wrong choices.
- Agency is essential- It's the only the way the atonement can work.
- Ask for help- The Lord doesn't expect us to solve everything alone.
- Fill the bucket- Do something each day to build up your reserves.
- Keep the lines of communication open- Don't give up and don't shut the ones we love.
- Trust the Lord- His promises are sure.
- Repent - turn to Christ- He has already suffered for all our pain. Let Him bear our burdens.
- Time is on our side – we have this life and the next to fulfill our roles.