

103 SIMPLE TRUTHS

FOR MAKING CHOICES THAT MATTER

A COLLECTION OF 'GET REAL' ONE-LINERS
FROM KIM CRAYTON

Kim Crayton, Author, Global Business Strategist and Advisor, and the Antiracist Economist, is known for her honesty, candor, and her ability to get to the point. Like everyone else, she struggled to make appropriate decisions in her life. To get on track during times of uncertainty, she kept a list of insights that helped her move forward. They are certain to help you, too.

Enjoy these truths and use them to 'get real' in your life.



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ABOUT YOU

1. Spend time figuring out who you are, what you value, and where your boundaries are.
2. Seek harmony in everything you do.
3. Understand that you're only responsible for you, and that is enough.

#4

Don't seek outside yourself what you don't have to give to yourself.

5. Words have power; be intentional in how you use them.
6. It is never about the other person; it is always about you.
7. Always seek your own truth; question outside sources.
8. Don't ask a question unless you can handle the answer.
9. Pick your battles wisely.
10. Question everything.
11. Spend time by yourself.
12. Giving your opinion is just that—your opinion.
13. Don't assume you know what someone else should do.
14. Keep things in perspective.

#15

Honor the sacrifices of those who went before you.

16. Be as honest as a three year old.
17. At the very least, be honest with yourself.
18. You don't know everything.
19. Humble yourself.
20. Drama has no place in your life; leave it to those who get paid for it.
21. You can always be young at heart.
22. When you say "thank you," mean it.

ABOUT CHOICES

23. If it feels wrong, it is wrong. Don't waste time figuring it out; follow your instincts.

#24

Trusting your intuition comes with practice.

25. Ask yourself, "Do I want to be right or do I want to be happy?"
26. Knowing you have choices can make the difference between mental health and mental illness.
27. You will not always love your choices, but you do have them.
28. Don't take anything for granted.
29. Work smart not hard.
30. One size does not fit all.
31. Someone has to keep a calm head; choose to be that person.
32. Don't get overwhelmed; break decisions into small pieces.
33. You may have to "eeny, meeny, miny, mo" and catch a decision by its toe.
34. Check in with your conscience regularly.
35. In not choosing, you've actually made a choice.
36. Rejoice in the possibilities.
37. Facts change; truth doesn't.
38. Choose to be on the winning team; how you view the world is all a mind game.
39. Don't wait until you have lost your ability to choose to count your blessings.

#40

If you aren't willing to experience some discomfort for your beliefs, rethink them.

41. Have fun.



ABOUT EMOTIONS

- 42. It's okay to get angry; it's how you handle anger that matters.
- 43. Stay away from pity parties.

#44

The world doesn't need any more martyrs, so stop suffering to get attention.

- 45. Never allow yourself more than 24 hours to feel down; life goes on with or without you.
- 46. Use childhood pain to bring you adult joy.
- 47. Pain is pain. Don't compare it; just move through it.
- 48. Love yourself more than you love anything or anyone else.
- 49. Shed some tears; they're an elixir for the soul.

#50

Guilt is a wasted emotion.

ABOUT PROSPERITY

- 51. The ability to live your dreams must be your reality.
- 52. It costs nothing to dream.
- 53. Dream big; anything is possible.
- 54. Don't believe in lack.

#55

Living prosperously is your birthright.

- 56. Don't focus on what you may lack; focus on turning opportunities into abundance.
- 57. Choosing Consciously + Accepting Consequences = Living Prosperously

ABOUT MAKING MISTAKES

- 58. Learn to be forgiving; you will make mistakes.
- 59. Suspend judgment; things may not be what they seem.
- 60. Learn from the mistakes of others.
- 61. Failure is nothing more than an opportunity to do something over using the lessons you've learned.
- 62. The past is just that...gone forever.
- 63. Learn to look beneath the surface.
- 64. Look hard for the silver lining in life's events.

#65

So you screwed up, now what?

- 66. Learn from the past; don't live there.



ABOUT TAKING ACTION

67. Love is action, not feeling.
68. Welcome challenges.
69. A new day is a new opportunity to make a new start.
70. Remember KISS—Keep It Simple Salamander.
71. Relationships are like newborns; they need constant attention and nurturing.
72. Mind your own business.
73. Stop looking for who's at fault; instead look for solutions.
74. Time is money; spend your time only in places you can afford to.

#75 Knowing + Doing = Being

76. Plan for the best possible outcome.
77. It's okay to ask for reasonable assistance.
78. Look for the win-win in every situation.
79. Find a cause and give.
80. Hang out with people who can teach you something.
81. Take a stand.
82. Practice taking leaps of faith.
83. If you're at the bottom of the barrel, you have the ability to reach the top as long as you can see the light above.
84. Don't do in the dark what you would never do in the light.
85. No matter what, keep moving forward.
86. Learning is life-long; use information that's helpful and discard the rest without judgment.
87. You can pick up your marbles and leave but don't expect others to be around when you return.
88. Be brave; do what scares the hell out of you.
89. Build enough courage in the present to deal with the past.

ABOUT LIFE

90. Life is seldom black or white.
91. Live in the moment.
92. Expect the unexpected.
93. Each moment is not guaranteed; don't waste them.

#94 Life is not too short, but it is too precious to waste.

95. Accept that life is what it is.
96. Count your blessings, then count them again.
97. There is a right time and place for everything.
98. Put your "issues" into perspective.
99. Control is never the answer.
100. Remember, this too shall pass.
101. There are as many sides to an event as people who live through it.
102. Stop making life so hard; the shortest distance between two points is a straight line.

#103 Kick off your shoes, life a little, love a lot.

