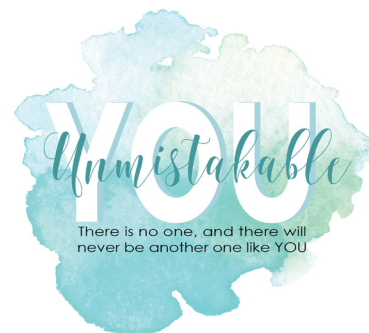


19. I Will Never Forget

My FIRST ...



*If you want something you've never had,
You must do something you've never done.*

There are some moments in your life that are so special you remember them forever. So many things I look back on and never thought I would ever do (Some of them I never want to repeat)

The first time you do something can be super exciting and nerve wracking (e.g. like bungee jumping etc) and then there are those times that are also extremely special, below are some of the ones where fond memories lie and make me smile when I look back.

- First Friend - my childhood neighbour who lived a couple of doors down was my first real friend and to this day still keep in touch.
- First Day of School - the thought that I was going to learn and know more than my parents
- First Kiss - was a primary school crush and still think he is a little cute today
- First Boyfriend - and well that goes along with the first breakup
- First Car - the sensation of being in control of the road and sitting behind the wheel of your very own car
- First Job/First Pay Packet - That sense of accomplishment after all the years of school and the joy of earning your own money. Most likely it was the smallest pay you have ever had but the greatest sense of pride when you receive your first pay.
- First Promotion - the sense of pride you feel within yourself
- First House - the excitement you feel when that sold sticker is placed on the board and it's YOURS.. your first home is more than just bricks and mortar but a place that holds many of your memories and significant moments of happiness.
- First Child - so many emotions can flood you as you hold this amazing new life for the first time: joy, fear, hope and a deep sense of responsibility are just a few.
- First time any of my children called me mum.
- First trip overseas/First Cruise

Then there are also the ones not so good like first fights, first breakup, first death and many other experiences that make up who we are today.

The list is endless but we should remember that like those things on our bucket list - doing something for the first time gives us a sense of accomplishment.

After you complete this page featuring one or more of your FIRSTS - I challenge you to start a journal of FIRSTS - something that doesn't take much time.

Everyday or whenever you do something new, something different that you never saw yourself doing before, or something that you've put off on doing because you were afraid to.

In a few months or at any time when you are feeling a little down you can look back on this list and see what you have accomplished and say I CAN DO THIS and remember how you felt when you did that for the first time.

