

# LIFE LESSONS

Originally from Australia, Debbie Nichol moved 11 years ago to Dubai, where she runs a strategic change management consultancy. She is also the author of a new book, *Travelling Embers*, a collection of anecdotes, reflections and her own life lessons

# 1

**When we come from a place of connectedness, things will flow.**

We no longer need to protect or stake claims, feel fear or rejection, or live with a mindset of scarcity – we simply need to

connect and trust. Time will stand still, clarity will emerge, tranquillity will prevail and thereafter, inspiration will flow. Connection is king – the future is ours to build together.

**Choice is ours for the taking.**

When we say yes to a situation in our lives, what are we saying no to and choosing not to provide space for? Similarly, when we say no, what are we saying yes to and allowing space for in our lives? Nothing is right or wrong. Rather, there are differing paths and opportunity for honour and gratitude.

# 2



# 3

**What we focus on, we bring about.** The power of our thought is limitless. Precision is key. When we focus on an obstacle, we will surely meet it. When we focus beyond the obstacle, we will surely miss it.

**Nothing or no one belongs to us.** Titles and accolades are not ours. Possessions and qualifications are not ours. Experiences and travels are not ours. How prepared are we to face ourselves without the facade, and view the “unplugged” version? One day, some day...

# 4

**We become what we are surrounded with.** We are “under the influence” without even knowing. Be aware of the surroundings, the stimuli and the elements around you. Be clear what you wish to become and align to those thoughts. Watch from afar, and change beliefs at any time. Settle not for second best.

# 5

*Travelling Embers*, Dh55, is available from Magrudy's, Jashanmal and Kinokuniya book shops.

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