

- 1) I found that getting older has made me a lot more self-confident especially in my choices. At this age, peer pressure is non-existent and that is very gratifying.
- 2) I am so much better now in removing people from my universe and adding people who challenges me intellectually, who nourish my mental health and who are solid family members and friends that does not waste my time.
- 3) I know for certain pretty much my strengths, weaknesses and what I am capable of. I can pretty much deal with whatever life throws at me because I survived some terrible things.
- 4) I have realized that life is about experiences. In the end, those experiences will change you for the better and a more well-rounded person with a wider worldview, but I will make sure those experiences will not hurt anyone.
- 5) I am no longer afraid of asking for what I want. You tend to understand this as you get older.
- 6) Better at saying no to people, projects and other commitments with greater ease. I felt as though saying no would offend the person offering them. Now, I know my time, health and keeping my anxiety levels low is more important than saying yes.
- 7) I spent so much time when I was younger trying to fit in and be who I thought people wanted me to be. Now I understand that what makes me unique also is what makes me the person that I am. I am proud of what makes me different from a lot of people.
- 8) Fortunately, I have more money than I've ever had, and I am more responsible with it. I am not wealthy, but I am comfortable.
- 9) I can care for myself properly now. Learning how to slow down and decompress.
- 10) I am grateful for what I have. All that matters are how much you loved and how much you were loved. I know I've loved my family, friends and the NY Mets fiercely and have been loved fully by my family especially my mom and son. I am so grateful for all my experiences and memories
- 11) I accept people for who they are. You can't change people (wrote that in one of my songs), Now, I don't bother. I realize that people are just living their truth and if it doesn't fit with mine, I make one of two choices: Choose not to interact with them or I can value them for everything else they bring to my life.
- 12) Ability to make an impact in people's lives. It's so rewarding to be in the position to help others and making a difference. The feedback you get from people that are truly thankful is priceless.