

10 LESSONS

YOU CAN IMPLEMENT FROM

AUTISTIC: (LEAPING OVER WALLS: WHILE LIVING WITH AUTISM)



1

Don't be in denial

Remember it is what it is but don't sit around and say woe is me. You are not alone, you are one out of thousands. Change begins when you decide to take action.

6

Humility

In order to succeed in life, you must be humble.

2

Determination

...is a quality that will serve you well when you are faced with serious challenges in life. It enables you to stay the course and never give up until you get a desired outcome.

7

Hope

When hope is lost everything else is lost. You must have hope, it's the power that sustains you through it all.

3

Motivation

It's important that you are a highly motivated person. Surround yourself with people who have your best interest at heart, people who share your vision and are as motivated as you are.

8

Celebrate Milestones

Small wins motivate and increase your productivity. It gives you a sense of achievement and joy. It boosts moral and makes you appreciate how far you've come.

4

Be Informed

You are no longer in a situation where ignorance is bliss. Information is key. Find out all you need to know about the situation you are in or the one you are going into.

9

Faith

It is a very important driver. It gives you a sense of conviction. It keeps you believing and trusting. Faith should underpin most of what you do.

5

Ask for help

There will always be someone who knows better or has better ideas than you do.

10

Fear

This is an emotion that can paralyse you if not managed properly. Self-belief is very important. Affirm yourself and believe that it can be done.



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