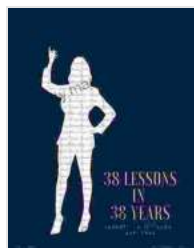


# 38 Lessons In 38 Years: Sabine Kranich Shares Her Journey



**38 Lessons in 38 Years** by Sabine Kranich

★★★★★ 5 out of 5

Language : English

File size : 8205 KB

Screen Reader: Supported

Print length : 9 pages

Lending : Enabled



Sabine Kranich is a successful entrepreneur, author, and speaker. She is the founder and CEO of Board of Innovation, a company that helps organizations innovate and grow. She is also the author of the book "38 Lessons In 38 Years: How I Learned to Live, Love, and Lead." In this inspiring article, Sabine shares 38 life lessons she has learned over the past 38 years. From the importance of setting goals to the power of resilience, these lessons are sure to resonate with anyone looking to live a more fulfilling life.

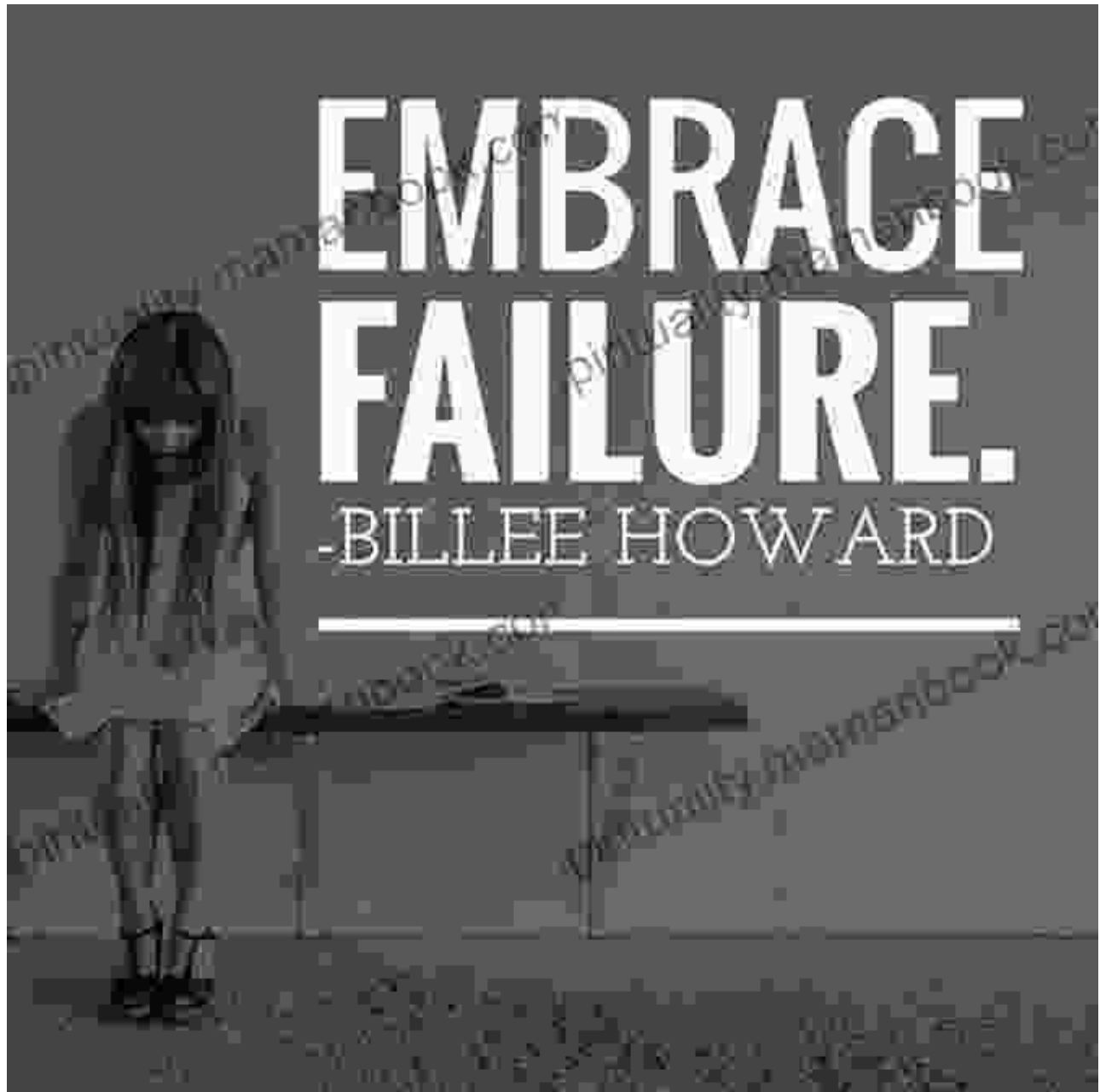
## **1. Set goals and go after them with everything you have.**

One of the most important things you can do in life is to set goals for yourself. These goals should be specific, measurable, achievable, relevant, and time-bound. Once you have set your goals, it is important to go after them with everything you have. This means working hard, staying focused, and never giving up. It also means being willing to take risks and step outside of your comfort zone.



## **2. Embrace failure and learn from your mistakes.**

Everyone makes mistakes. It is part of life. The important thing is to not let your mistakes define you. Instead, learn from them and move on. Failure is one of the best teachers in life. It can help you to grow and become stronger. It can also help you to develop resilience and perseverance.



Sabine Kranich embracing failure

### **3. Be kind to yourself and others.**

It is important to be kind to yourself and others. This means treating yourself and others with respect and compassion. It also means being forgiving and understanding. When you are kind to yourself and others, you

create a positive and supportive environment. This environment can help you to grow and thrive.



#### **4. Surround yourself with positive people.**

The people you surround yourself with have a big impact on your life. It is important to surround yourself with positive people who support you and

believe in you. These people will help you to grow and reach your goals. They will also help you to stay positive and motivated.



Sabine Kranich surrounded by positive people

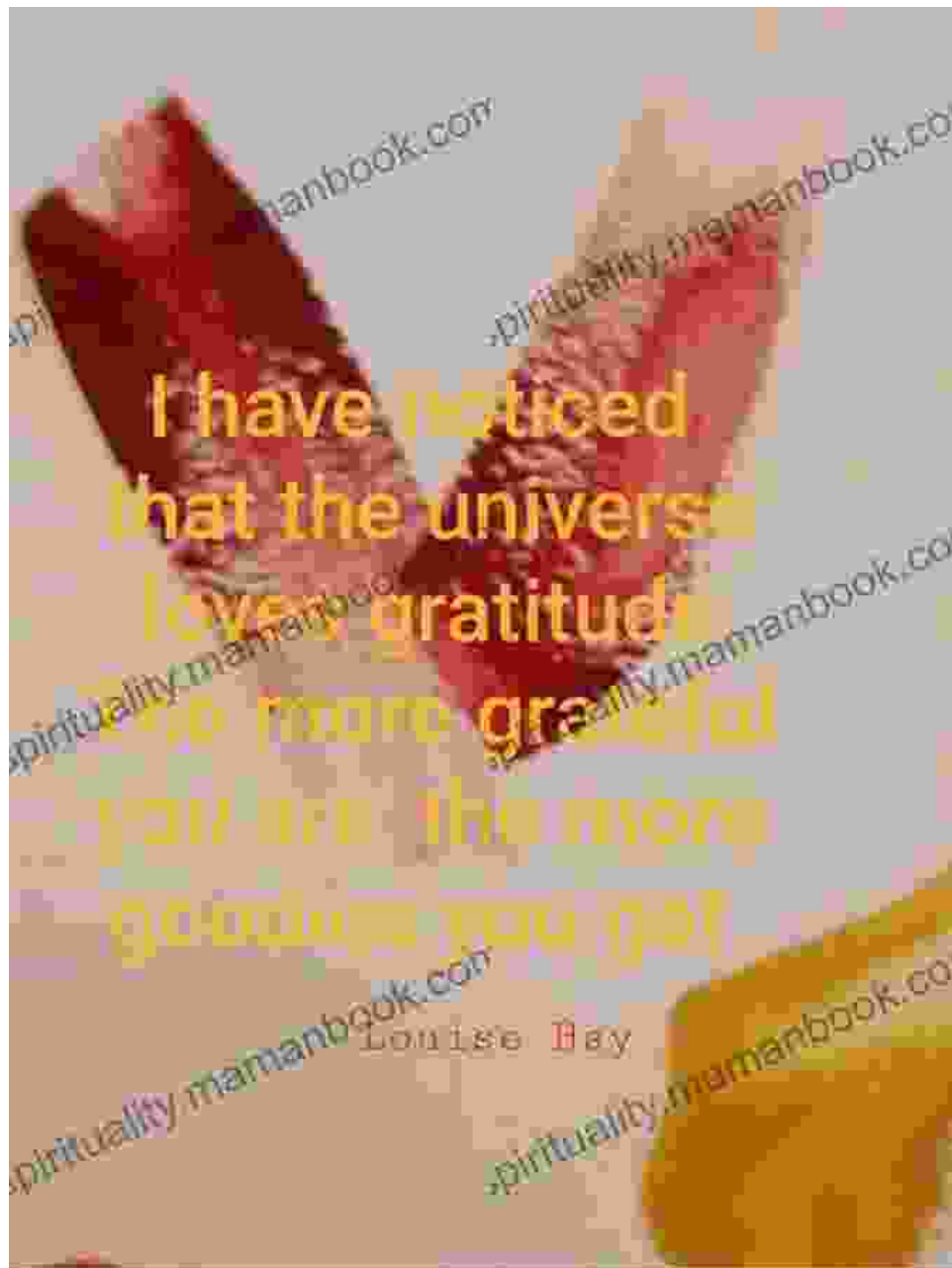
## 5. Never give up on your dreams.

No matter what challenges you face in life, never give up on your dreams. If you believe in something, go after it with everything you have. Don't let anyone tell you that you can't achieve your goals. You can do anything you set your mind to.



## **6. Be grateful for what you have.**

It is important to be grateful for what you have. This means appreciating the good things in your life, no matter how small. When you are grateful, you are more likely to be happy and content. You are also less likely to take things for granted.



Sabine Kranich being grateful

## **7. Live in the present moment.**

One of the best ways to enjoy life is to live in the present moment. This means paying attention to what is happening right now and not dwelling on the past or worrying about the future. When you live in the present moment,

you are more likely to be happy and grateful. You are also less likely to stress and worry.



## **8. Be true to yourself.**

It is important to be true to yourself. This means living your life according to your own values and beliefs. Don't try to be someone you're not. Be yourself and be proud of who you are.





Sabine Kranich being true to herself

## **9. Love yourself unconditionally.**

One of the most important things you can do in life is to love yourself unconditionally. This means accepting yourself for who you are, flaws and

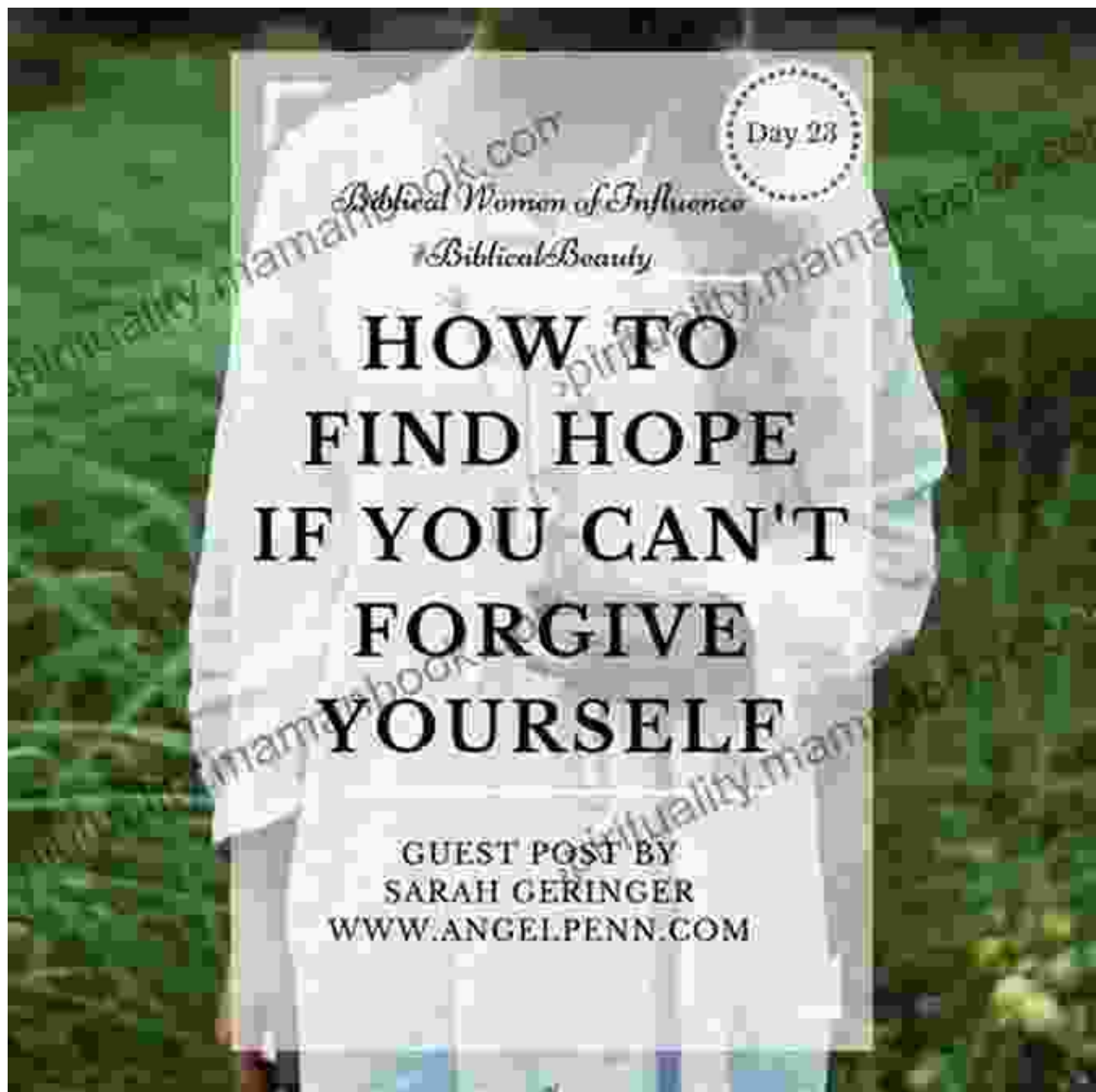
all. When you love yourself, you are more likely to be happy and confident. You are also more likely to attract positive people into your life.



## **10. Forgive yourself and others.**

Everyone makes mistakes. It is part of life. The important thing is to forgive yourself and others for their mistakes. Forgiveness is not about excusing

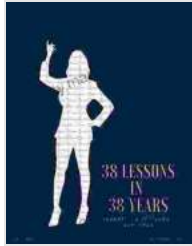
bad behavior. It is about letting go of anger and resentment. When you forgive, you free yourself from the past and move on with your life.



Sabine Kranich forgiving herself and others

## 11. Be patient with yourself and others.

Growing and



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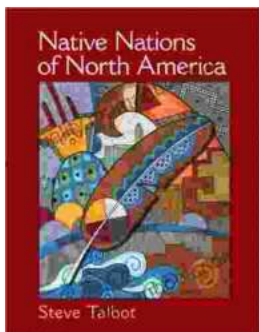
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