

Within the past four weeks of September, a LOT of things took place—there's college, the current theatre production I'm working on, radio training, catching up with family and friends, and of course a couple of self-realizations. And with that, I want to wrap the month up by sharing with you the little things that I have learned this September:

1. LISTEN BEFORE YOU JUDGE.

I know it's tempting to get carried away with your emotions whenever you hear something that you do not like, but before you come up with a conclusion or a final decision about something, it is better to look and take notice of all the sides of the situation and also analyze whatever the things you have been hearing from people. Judging too quickly might even cause you more trouble for yourself and for those around you.

2. KEEP IT LOWKEY.

You don't need to let everyone know everything that has been happening to you recently. Most of the time, keeping things on the low will lead you to a less toxic and better lifestyle. There's a sense of privacy and reservation. But I'm not saying that you should not share your happenings with your family and friends, go ahead and let the close ones know what's up, just the right level of keeping in touch.

4. DO THE TASKS YOU CAN DO TODAY, TODAY!

It's the major key to avoid procrastination. You wouldn't want your tasks crammed, would you? Also, by doing this you get to help yourself master the art of time management so that you learn to prioritize and give enough time to all the things you have to do so you could also be able to...

4. TREAT YOURSELF EVERY ONCE IN A WHILE.

Don't be too hard on yourself and keep in mind that it's very important that you celebrate even the smallest of achievements as a reminder for yourself that you're doing good so far, and that everything's going to be okay at the end of the day!

5. LET THINGS BE, AND WHAT'S MEANT TO BE, WILL BE!

It's that good ol' saying, I know. But this September, I discovered the value of going with the flow but also being able to keep your head in the game; just the right balance of the two. Sometimes, things go your way, and sometimes, they just don't. Despite of this, you must remember that everything happens for a reason and they're all meant to happen to you. All the events taking place in our lives always have something good to bring to us! You just have to stay positive about everything!