

Life Lessons from “Akeelah and the Bee”

Name your goals.

Success takes hard work.

Don't be afraid to succeed.

Don't be afraid to be yourself. Don't be afraid of who you are.

Take time to listen to those you love.

Grieve your losses; you can't avoid pain.

Don't let old wounds stop you from experiencing new joy.

Differences (race, socio-economic status, etc.) need not be a barrier to relationships.

Don't be threatened by the success of others.

Let your friends have the freedom to change.

Follow your dreams. Don't let yourself be sidetracked.

Don't play “dumb” to fit in.

Develop strategies for coping with the stress in your life.

Your circumstances/ surroundings don't define you.

Help others succeed. (It probably won't hurt you or your chances to succeed.)

You have the power to inspire and encourage others.

Don't be afraid to ask for help. You don't need to go it alone.

Find a mentor or coach.

Find a support group

Know your learning style.

Don't be afraid of healthy, appropriate risks and/or new experiences.

Resist the urge to judge people you don't know or understand.

To be the best you must go up against the best.

Relationships/people are more important than success.

Honesty is the best policy. Tell the truth even if it costs you.

It's never too late to start living the life you really want.