

Words of Advice

Advice is defined as guidance offered for future actions. To me, this is important. That piece of advice given by another individual can sometimes have an influence on our future actions. Whether we realise it or not, at some point in our lives we have received advice and at times may not have wanted it. But sometimes, we remember one comment given by another individual. This is because that one piece of advice that someone has given you in your life, really cements in our values.



“If at first you don’t succeed, try and try again!”

To this day, I can still hear my Mum and Grandma say, ‘if at first you don’t succeed, try and try again,’ whilst we sat on my bed, the night before my GCSE’s, whilst I was panicking about failing. I took this bit of advice into any new challenge I faced. A-levels, University exams, job interviews and any task I faced, I always remembered these words. I remembered that at that time, I could not have done anymore and that I put everything into it that I could have, and if I didn’t get the outcome I wanted? Well I would try again. This has stuck with me and reminds me that it doesn’t matter if something doesn’t happen the first time round. It reminds me to keep going.

Great advice that you feel had a real impact on you lifts you up and helps you conquer anything. It gives you that inner fiery feeling that we know as our get up and go.

Advice remembered is unique!

We’ve all received words of wisdom as we have gone through different experiences in life. During times of need, advice helps us find perspective, to have meaning to something we want to do and even change focus, whether we realise it or not. Advice that sticks with us is only unique to you and you only. So take a moment and think, what is the best advice I have ever received? Because I bet it has had a huge impact on the way you do things and see things in life.



The Victim First team have shared some of the best advice they have had and what it means to them. Maybe these pieces of advice will be the push you need to do that mundane task? Or even to go and speak to a friend that you haven't spoken to in a while. Or maybe it is just the piece of advice you needed to keep going! So if you've ever had great advice, why not say it and pass it on!

- **“A problem shared is a problem halved.”** It reminds us to speak to others and share our worries and concerns.
- **“Tomorrow is a new day.”** If today is a bad day, validate that and focus on what tomorrow can bring.
- **“Work hard and stay humble!”** Success is a beautiful thing, but it can soon get to your head and become ugly, selfish and consuming. It's important to stay humble and remember your roots, the sacrifices others have made for you, how hard you have worked to get where you are today, to say thank you, and it's not always about you and always pay it forward.
- **“The worst thing you can do for yourself is to become complacent.”** You can't wait for things to happen to you, so if you want something enough, you have to make it happen, and if you find that sounds too difficult, it probably means you don't want it enough.
- **“Never be afraid of being afraid.”** This helps to face new challenges.
- **“Surround yourself with good people.”** This reminds us to have people we want in our life.
- **“Helping one person might not change the world, but it could change the world for one person.”** This reminds you that the small differences do count and just by trying to be a good person, you can still have an impact.
- **“Be yourself.”** Because although it can be easy to compare yourself to others, everyone has different strengths and people do things at their own pace. And it feels great knowing the people around you like you for 100% you.
- **“If you don't change yourself, how are you going to change others and the world?”** This shows the importance of changing ourselves within and being happy with this before facing other changes.