

Advice for Our Graduating Seniors

Be patient with yourself.

Think before you talk.

Do something to improve and protect our environment.

Let no one else tell you what you should or must be or do! Trust yourself! You, and only you, with the support of true friends, and a strong moral compass, know.

It is okay to change your mind.

Don't be afraid to say no but say yes when you want to.

Do not go where the path may lead, go instead where there is no path and leave a trail.
–Ralph Waldo Emerson (aka St. Ralph)

It has been a great joy and honor watching you grow over the past four years! Go out, do amazing things, and don't lose touch with all the friends you've made here in YRUU. I am so proud of you all.

You do you!

Stay curious. Stay kind.

Have confidence! And if you don't at times, fake it till you make it (we all do).

Recognize your fears, otherwise they will box you in, restricting your options like invisible walls. But fear casts a long shadow. We fear the shadows and avoid that darkness, never questioning its source.

Be true to yourself values and actions.

Be open to all life's possibilities and go with your gut!

Don't be afraid.

Remember as you go into the world and face new challenges that you are well loved.

Today is the blue flower moon. Remember that you are under the same moon as every being who has loved, and you are loved today and all the days.

Always listen to what your heart is telling you; most of the time it does have a lesson to teach.

Kindness is free and is a powerful tool. Spread kindness to everyone, including yourself.

Do what you know is right. "They" are usually wrong.

Always choose love over fear.

Create a structure for yourself.

Spend as little time on your phone as possible.

Find the quiet center deep within you and visit often.

"Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese—harsh and exciting—over and over, announcing your place in the family of things." –Mary Oliver

Sleep and spinach.

Live knowing that you are lovable and loved.

Be careful with your credit or debit card but have fun.

Take care of your teeth!

Give time to others, but don't forget to give time to yourself, too!

Shop at Aldi, lowest prices. Good for college/grad students.

Good and Cheap is a great cookbook for starting to cook good food on a tight budget!

Find a reason to smile every day. Even if it's only because your pillow is extra soft or your coffee is the perfect temperature.

It gets better. Even if life is good now. Just wait. Just be yourself. Just follow your heart. It usually knows the way. It gets so much better from here.

Always have the courage to stand up for what is right and just. Congrats, my young friends!

Everyone else is as knowledgeable and as clueless as you are.

If/when you leave Blacksburg and go out into the world, I hope you will find the Unitarian Universalist congregation in your new community and join in.