



Memo to Mighty Members Tip #191

DISCUSSION: What I Wish ...

January 25, 2024

Abigail Adams, first lady of the United States from 1797-1801, said, “Learning is not attained by chance; it must be sought for with ardor and diligence.”

Indeed, we aren’t born knowing everything. We have to live a little, make mistakes, rethink our decisions, and learn from others.

It’s that last source of knowledge that is my point today. I’d like you to perhaps learn from me ... from the things I wish I had known when I was younger. However, the beauty of knowledge is that we can implement it at any point in our lives. As long as we have breath, it’s never too late.

So, let me share with you the final installment of “What I Wish I Had Known,” this time focusing a bit more on family. If you haven’t read the previous items on the list, you can find them in the Memo to Mighty Members archive on your [membership page](#) (numbers 144, 153, 158 and 178).



38) I wish I had more fully understood the importance of relationships.

39) I wish I had not followed pop culture earlier in my life and, instead, remained true to my parents' traditional values.

40) I wish I had embraced earlier what the role of a mother is versus a father. I expected my husband to participate more in the "motherly role." I didn't understand why it wasn't natural for him. My mother was like another set of hands. Of course, my husband always *helped*, but I remember feeling "Why don't you just *get* this?" about things that were generally more female in nature (cooking, doing laundry, etc.). It was just a matter of my misunderstanding what our gender roles innately were. But unfortunately, my confusion put stress on him — and on us as a couple — until I figured it out.

41) I wish I had married my husband, Perry, sooner instead of dating for three years. Why? Because subsequently, I wish I had had my children earlier in life, and I wish I had had *more* children.

42) I wish I had not taken my first baby into the pediatrician's office so my baby's health hadn't been compromised. Yet, I must say, it certainly created the pivotal moment where my suspicions were clarified and rocketed into hyper-gear. I needed to be slapped across the face with the reality of pediatric health care. I had an inkling before, but this became my watershed moment. So, maybe I shouldn't regret it.

43) I wish I had known how to protect my family if a hospital stay was unavoidable. First, I learned to bring a mop and vinegar to clean the room. And then there is my "hospital staff strategy." Agree with the staff and don't argue! (There's no point, and it sets them on edge about you.) Bring candy for the staff and be super-friendly. And when a family member is in the hospital, make their room appear loaded to the gills with joy. It's a psychological advantage

when the physicians and staff come in and see balloons, cards, flowers, etc. They think differently about that patient! It signals to them that that particular patient is well-loved and closely attended. Yes, it's unfair to the patients who don't have that. It's heartbreaking. But you're there to protect YOUR family member. And heck, why not also bring something to a patient who doesn't have anyone looking in on them or anything special in their room? It's a lovely, considerate gesture.

44) I wish I had learned earlier that well-sourced meat, eggs, butter and raw milk are the staff of life, not kale and tofu.

45) I wish I had never been vegan or macrobiotic. But, again, that's how you learn.

46) I wish I had embraced my present work-focused lifestyle earlier. I was always very motivated — my whole life — but I wish my organizational skills had been better honed.

47) I wish I had known simple maxims are not always as sweeping as we would like them to be.

48) I wish I had more mentors in my life. But because I didn't, the ones I chose (and who accepted me) became even *more* influential — or more primary — in my thinking.

49) I wish I could force myself to walk more.

50) I wish I could go to bed earlier!

For now, these are the things I learned through, as Abigail Adams said, “ardor and diligence.” But my friends, I'm still learning every day. So, who knows, one day, this list may increase. And you can be sure that when it does, I will share it with you.

Never stop thinking and rethinking your actions and opinions. As you hone your philosophy, you will become even Mightier!



Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

Links:*

Mighty Members portal — <https://joettesmightymembers.com/>

*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

The Author disclaims all liability for any loss or risk, personal or otherwise, incurred as a consequence of the use of any material in this article.

This information is not a substitute for professional medical advice, diagnosis or treatment.