“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”
-Maya Angelou

Five Life Lessons Learned from the Butterfly:

1. **Be patient.** All good things come with time. We are growing, even when we cannot feel it. With great patience come great rewards.
2. **Be open to change.** Be willing to be transformed. Without change, nothing beautiful would happen. You have to give up who you are to become who you might be.
3. **Be light and free.** Have some fun. Float from each open door to the next. Look for the color, humor and joy in daily life.
4. **Be spontaneous.** Go wherever your wings take you. Fly forward with confidence. Have the courage to seize new opportunities.
5. **Be in the moment.** Look around. Enjoy the flowers, the sun and the breeze. The present moment is a gift for us to enjoy.