

DR. TRINA BOICE

A lighthouse with a glowing lantern room stands on a rocky beach at sunset. The sky is a mix of blue and orange, with the sun low on the horizon. The lighthouse is white with a blue door and a black lantern room. The rocks are dark and jagged. The sand is wet and reflects the light.

Life
LESSONS

INSPIRING
TRUE STORIES OF
FAITH & GROWTH

© 2025 Dr. Trina Boice

All rights reserved.

No part of this book may be reproduced in any form whatsoever, whether by graphic, visual, electronic, film, microfilm, tape recording, or any other means, without prior written permission of the publisher, except in the case of brief passages embodied in critical reviews and articles.

This is not an official publication of The Church of Jesus Christ of Latter-day Saints. The opinions and views expressed herein belong solely to the author and do not necessarily represent the opinions or views of Cedar Fort, Inc. Permission for the use of sources, graphics, and photos is also solely the responsibility of the author.

Paperback ISBN 13: 978-1-4621-4973-5

eBook ISBN 13: 978-1-4621-4974-2

Published by CFI, an imprint of Cedar Fort, Inc.

2373 W. 700 S., Suite 100, Springville, UT 84663

Distributed by Cedar Fort, Inc., www.cedarfort.com

Library of Congress Cataloging Number: 2025939296

Cover design by Shawnda Craig

Cover design © 2025 Cedar Fort, Inc.

Edited and Typeset by Liz Kazandzhy

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

Printed on acid-free paper

CONTENTS

[Dedication](#)

[Introduction](#)

[Agency](#)

[Atonement](#)

[Attitude](#)

[Being a Good Example of Living the Gospel with Joy](#)

[Being Nice vs. Being Important](#)

[Body and Spirit Connection](#)

[Brain Health](#)

[Bringing Souls to Christ](#)

[Building Connections](#)

[Bullying](#)

[Celebrating Birthdays](#)

[Celebrating the Gift of Everyday Accomplishments](#)

[Challenging Yourself](#)

[Competition](#)

[Complimenting Others](#)

[Contagious Good](#)

[Courage](#)

[Decision-Making](#)

[Digging Deeper](#)

[Divine Intervention](#)

[Divine Mercy](#)

[Education](#)

[Encouragement](#)

[Excuses](#)

[Fear](#)

[Finding Your Purpose](#)

[Food Memories](#)

[Friendship](#)

[Gratitude](#)
[Grit](#)
[Habits](#)
[Happiness](#)
[Hardship](#)
[Honesty](#)
[Hope](#)
[Humility](#)
[Hygge](#)
[Instruments in God's Hands](#)
[Integrity](#)
[Joy](#)
[Judging Others](#)
[Kindness](#)
[Knowledge](#)
[Laughter](#)
[Leadership](#)
[Lifelong Learning](#)
[Listening Better](#)
[Making People Feel Wanted](#)
[Making Time for the One](#)
[Mind Over Matter](#)
[Missionary Work](#)
[Money](#)
[Morning Rituals](#)
[Nature](#)
[Parenting](#)
[Persistence](#)
[Perspective](#)
[Playfulness](#)
[Prayer](#)
[Priorities](#)
[Punctuality](#)
[Pursuing Your Dreams](#)
[Reputation](#)
[Resilience](#)

[Respect for the Human Body](#)
[Responsibility](#)
[Self-Care](#)
[Self-Confidence](#)
[Self-Respect](#)
[Self-Talk](#)
[Sisterhood](#)
[Stop and Smell the Roses](#)
[Strength through Stretching](#)
[Success](#)
[Taking Time to Do It Right the First Time](#)
[Teaching](#)
[Tenacity](#)
[Thoughts](#)
[Transformation](#)
[Turning Weakness into Strength](#)
[Virtuous Activities](#)
[Womanhood](#)
[Words](#)
[Work](#)
[You Can Do It!](#)

[Conclusion](#)
[About the Author](#)

AGENCY

STORY

I served a full-time mission in Spain, where the legendary painter Pablo Picasso is revered as an artistic genius. The story is often told there about a woman who had the incredible opportunity to meet Picasso. She was so captivated by his fame and talent that she immediately asked him to draw her portrait. Picasso, however, wasn't initially interested. He was a busy artist, well-versed in the demands of his time and fame, and simply didn't feel like doing a portrait at that moment. But the woman was persistent. She wouldn't take no for an answer. She offered to pay him whatever he asked. No amount of money was considered too high. Impressed by her determination, Picasso finally agreed.

Without wasting any time, Picasso took up his brush and began to sketch. In less than fifteen minutes, he had completed a portrait of the woman—one that captured her essence perfectly, with the flair and precision that only someone with his immense talent could achieve. The woman was overjoyed by the result. She marveled at how quickly he had worked and how effortlessly he had brought her image to life.

She asked, "How much do I owe you?"

Without hesitation, Picasso replied, "\$10,000."

Shocked, the woman was taken aback. "\$10,000? But how can you ask for such a large sum when it only took you fifteen minutes to complete the portrait?" The amount seemed far too high for something that had taken so little time.

Picasso, with a calm demeanor, looked at her and responded, "It took me thirty years to be able to draw that in fifteen minutes."

His answer, though simple, carried profound weight. In those thirty years, Picasso had honed his craft, faced failures, learned, experimented, made sacrifices, and dedicated himself to his art. Those thirty years were essential to his ability to produce a masterpiece in such a short period. The time and effort he had invested in developing his skills couldn't be measured by the minutes it took to complete the portrait—it was the culmination of decades of hard work, study, and experience.

Our life is filled with choices. The quality of our lives is determined by those choices. Our divine right is to use our agency to choose how we will

spend our life. Our divine obligation is to choose the right.

QUOTE

“I am not the product of my circumstances. I am a product of my decisions.” —Stephen R. Covey (American and Latter-day Saint businessman and author)²

SCRIPTURE

“Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.” (2 Nephi 2:27)

LESSON LEARNED

This story serves as a powerful reminder of the truth that every choice we make today shapes the future we will have tomorrow. Just as Picasso's talent and expertise were built over decades of dedication, the decisions we make today lay the foundation for the life we'll live in the coming years. Whether we realize it or not, the small choices we make today—the way we spend our time, the habits we form, the people we surround ourselves with—have a long-lasting impact on the course of our lives.

It's easy to feel frustrated with where we are in life and think that our current circumstances are beyond our control. But the truth is that every moment is an opportunity to choose differently, to create new habits, and to make decisions that will ultimately shape a better future. You may not see the results of your choices immediately, but over time, your efforts will pay off.

Heavenly Father has given us agency for us to choose in this life. That's what the War in Heaven was all about before we came here! (See Revelation 12:7–9.) Agency is that important to Him. We can't control everything that happens in this life, but there are definitely things we can and should control through our wise decisions. If you're not happy with your life now, it's not too late to start making better decisions. Small, positive changes add up, and the impact they have in five or ten years will be profound. Like Picasso, you may find that what seems like an effortless achievement in the future is really the result of years of hard work, focus, and growth. The key is to start today—because the future starts with the choices you make now.

Using our agency to make good choices is one of the greatest gifts we have. Every day, we're presented with opportunities to choose paths that lead to growth, happiness, and fulfillment, or to make choices that can steer us off course. Our agency allows us to decide how we will respond to challenges, what we will prioritize, and how we will treat others.

CHALLENGE

Imagine how you would like your life to be in five years and start making choices that will get you there. A mental exercise that can help you make better choices is to practice the “10-10-10” rule. Whenever you have a big decision to make, ask yourself:

- How will I feel about this decision in ten minutes?
- How will I feel about it in ten months?
- How will I feel about it in ten years?

This simple strategy helps shift your perspective beyond immediate emotions and consider the long-term consequences of your choices. It encourages thoughtful decision-making and helps avoid impulsive mistakes. Over time, this habit strengthens your ability to weigh options wisely and choose what aligns best with your values and goals.

What energizes you and fills you with joy? Do more of that!

2. The 7 Habits of Highly Effective People (Free Press, 2004), 71.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>