

“What a shame to  
have had the experience  
and missed the meaning

T.S. Elliot

Brick by Brick (BBB) exists as an integral part of Forgive & Forget because, simultaneously, my journey as a caregiver led me in the direction of also developing personally.

This is not to say I've become a person of such great wisdom and astuteness that I poop pastel colors. On the contrary, I'm as human as they come. I was also not a willing or perceptive student in the beginning. Today's quote took several years for me to realize. Frankly, I was a

combination between Disney's Tasmanian Devil, a John Deere Dozer, and an unyielding traffic cop.

The good news: developing personally doesn't have to be hard. You don't have to center. You don't have to focus. You don't have to climb to the peak of any mountain top in a robe to proclaim affirmations or mantras. You don't even have to be in a good mood.

My primary purpose for BBB is in the hope that as you read the small doses of ideas offered herein, it just might strike a chord within you that will create enough curiosity for you to continue reading, even if that curiosity is only the size of a mustard seed.

Brick by Brick is not here to convince you of anything or change who you are inherently, only build on the person you already are and build on the character you already have. It will bring you back to the fundamentals that are relevant to personal growth in all circumstances, whether it be in caregiving, or in life itself. I am not necessarily passing along anything new, or anything you don't already know. I am merely presenting these fundamentals through a different lens that I hope is helpful.

Lastly, none of the following is attached to my name; Ph.D., MBA, NBA, M.D., Prof., R.A., Sen., St. (Saint) or Knighthood, nor am I a professional writer, as you can plainly see, so kindly avoid grading my papers or casting stones.

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The only suggestions I have that might help you to get the most out of Brick by Brick are:

\*Read, or refer to, these Guides more than once – not because I believe they are a contender for a Pulitzer Prize, but because these ideas are conceptual, and our mindset has a way of shifting their interpretation over time. I'm sure you've experienced lyrics from a song, words from a good book or a seminar a day later, a year later, ten years later, and their meaning has changed. So, read and reread. If it doesn't suit you, come back to it someday. Maybe something will have shifted for you, and you will think differently about the idea or concept another time.

\*Let it sink in. Allow the idea to settle and mold into something that may be useful for you.

\*Make sure what you take away from Forgive & Forget and Brick by Brick is the product of your own conclusions. If these ideas make sense or have you thinking enough to process and come back to them, then it's valuable. And when you take action, the action is not only from your own choosing but from a place of acceptance, not what someone else told you to do. Forgive & Forget is not looking for disciples or followers. There is no "movement" to join or an ideology to follow. Make it your choice as to whether these ideas make sense to you. There are many great resources out there for caregivers, and I encourage you to search. Be a student, not a follower.

Learning takes time. There is no rush. This isn't a race. There is no exam at the end of the week, no timeline. Learning takes as long as it takes.

My sincere encouragement, Vic