



# Pillars That Carry Me On

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## Welcome Reader!

Welcome to our new *How Do You Know You Are You?* community!

We created *The Pillars That Carry Me On* Booklet, which combines “Lessons from a Lifetime of Becoming” and “The Seven Principles That Guided My Life” as a handy resource to use as a tool.

Using generative AI, a producer created “Pillars That Carry Me On” songs and wrote the lyrics from “The Seven Principles That Guided My Life,” incorporated with powerful melodies and both female and male voices. The QR code you used to come to my website will allow you to download this booklet and “Pillars That Carry Me On” songs: versions 1, female voice; version 2, male voice. Each version uses different lyrics, all coming from “The Seven Principles.”

We set up this Discord Community Chat for readers who want to interact and share ideas or feelings experienced with other readers about your spiritual journey, after reading *How Do You Know You Are You?*

If you choose to join our The Pillars That Carry Me On Discord Server Community, you will need to set up your own profile and agree to be respectful and honor those in the community. In order to qualify to be members of this server, you will need to have read *How Do You Know You Are You?*

## **Link to Pillars server:**

<https://discord.gg/hxMyzqWG->

We hope you enjoy this booklet and the songs. If you have any questions, contact me at [diane@taraswiftproductionsgroup.com](mailto:diane@taraswiftproductionsgroup.com).

Best Wishes,  
Diane

# Lessons from a Lifetime of Becoming

As I prepare to pass this wisdom to the next generation, I want to share what seven decades of building, failing, rebuilding, and finally understanding has taught me. These lessons emerged from every chapter of my journey—from that seven-year-old girl staring into her bathroom mirror to the woman who finally learned that the answer was never in the reflection at all.

## On Identity and Self-Discovery

- Identity isn't something you find by looking inward—it's something you create by reaching outward through service to others.
- The question isn't “How do you know you are you?” but “How do you help others discover who they're meant to become?”
- You become yourself not by seeking your reflection, but by building bridges for others to cross.
- We don't find ourselves by looking into mirrors—we find ourselves by becoming mirrors for others, reflecting back their potential and power.

## On Courage and Resilience

- Strength isn't about not being afraid—it's about taking the next step anyway.
- Your worst experiences can become your most powerful tools for serving others.
- Healing happens not just by surviving trauma but by ensuring your survival creates better conditions for others.

- In every moment of uncertainty, choosing faith over fear opens doors to unexpected opportunities and growth.

## On Leadership and Success

- True power comes from building systems that work without you, not from being indispensable.
- The most lasting accomplishments aren't the things you build for yourself but the potential you help other people discover in themselves.
- Leadership isn't about being perfect—it's about being authentic and creating space for others to grow.
- When assertive action works for the right reasons, it creates a pattern that can be replicated in future challenges.
- There is always an answer. When you think what you face seems insurmountable, you can find solutions. They are there, within reach. Keep an open mind, and the possibilities will surface. Then you are at choice.

## On Relationships and Community

- The most difficult journeys are easier when you stop thinking of them as individual tests and start experiencing them as shared adventures.
- Sometimes the strongest thing you can do is accept help when it's offered.
- Complementary partnerships are more powerful than identical ones.
- Learn the difference between love that enlarges you and love that diminishes you.

## On Building and Creating Change

- Barriers exist only until someone decides to cross them.
- Change happens not by fighting systems but by building better alternatives.

- Every door you open makes it easier for others to walk through.
- Start where you are, with what you have, for the people you can reach.

## **On Freedom and Independence**

- Economic empowerment enables all other forms of freedom and choice—this is legacy wisdom to pass on to every woman and girl.
- Happiness is an inside job—you can't make others successful or secure.
- Your time becomes valuable when you use it to create value for others.
- The biggest risk is often the risk of not taking any risks at all.

## **On Legacy and Purpose**

- Legacy isn't about the monuments you build to yourself—it's about the capacity you create in others to build their own monuments.
- The seeds you plant in one generation bloom into forests in the next.
- Work that matters continues growing long after you're no longer there to guide it.
- Every small act of service creates ripples that extend far beyond what you can see.

# The Seven Principles That Guided My Life

From all these lessons, seven core principles emerged—the ones that guided every major decision and continue to shape how I understand what it means to live a meaningful life:

1. The Power of Standing for Something: “If you don’t stand for something, you fall for anything”—this became the foundation for every major choice in my life, from fighting for the girls’ tennis team to building organizations that serve women entrepreneurs.
2. Muscle Memory of Success: When assertive action works for the right reasons, it creates a pattern that can be replicated in future challenges. From tennis courts to boardrooms to international stages, this principle has never failed me.
3. Transforming Trauma into Purpose: Personal pain, when processed with faith and community support, becomes the foundation for helping others. My darkest moments became the source of my greatest impact.
4. Financial Independence as True Freedom: Economic empowerment enables all other forms of freedom and choice. This isn’t just personal wisdom—it’s a legacy principle I pass on to every woman and girl I meet.
5. Faith over Fear: In every moment of uncertainty, choosing faith over fear opened doors to unexpected opportunities and growth. The question “How do you know you are you?” was really asking, “Do you trust who you’re becoming?”
6. The Mirror Principle: We don’t find ourselves by looking into mirrors. We find ourselves by becoming mirrors for others—reflecting back their potential, their worth, their power to choose their own destinies.
7. Gratitude as Foundation: Using gratitude to overcome fear and anger restores abundance thinking and increases the law of attraction for positive change.

These lessons aren't just my story—they're a blueprint for anyone who has ever stood before a mirror wondering who they really are, anyone who has questioned whether their dreams matter, anyone who has felt the stirring of possibility and wondered if they're brave enough to pursue it.

The answer is yes. You are brave enough. You are worthy enough. You are enough.

And the girl in the mirror—whatever she is, wherever she is, whatever questions she's asking—she's not disappearing at all.

She's just beginning to become exactly who she was meant to be.

