

## *45 lessons life taught me*

*Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio*

*"To celebrate growing older, I once wrote the 45 lessons life taught me, it is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:*

- 1. Life isn't fair, but it's still good.*
- 2. When in doubt, just take the next small step.*
- 3. Life is too short to waste time hating anyone...*
- 4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.*
- 5. Pay off your credit cards every month.*
- 6. You don't have to win every argument. Agree to disagree.*
- 7. Cry with someone. It's more healing than crying alone.*
- 8. It's OK to get angry with God. He can take it.*
- 9. Save for retirement starting with your first pay cheque.*
- 10. When it comes to chocolate, resistance is futile.*
- 11. Make peace with your past so it won't screw up the present.*
- 12. It's OK to let your children see you cry.*
- 13. Don't compare your life to others. You have no idea what their journey is all about.*
- 14. If a relationship has to be a secret, you shouldn't be in it.*
- 15. Everything can change in the blink of an eye. But don't worry; God never blinks.*
- 16. Take a deep breath. It calms the mind.*
- 17. Get rid of anything that isn't useful, beautiful or joyful.*
- 18. Whatever doesn't kill you really does make you stronger.*
- 19. It's never too late to have a happy childhood. But the second one is up to you and no one else.*
- 20. When it comes to going after what you love in life, don't take no for an answer.*
- 21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion, today is special.*

22. *Over prepare, then go with the flow.*
23. *Be eccentric now. Don't wait for old age to wear purple.*
24. *The most important sex organ is the brain.*
25. *No one is in charge of your happiness but you.*
26. *Frame every so-called disaster with these words 'In five years, will this matter?'*
27. *Always choose life.*
28. *Forgive everyone everything.*
29. *What other people think of you is none of your business.*
30. *Time heals almost everything. Give time.*
31. *However good or bad a situation is, it will change.*
32. *Don't take yourself so seriously. No one else does.*
33. *Believe in miracles.*
34. *God loves you because of who God is, not because of anything you did or didn't do.*
35. *Don't audit life. Show up and make the most of it now.*
36. *Growing old beats the alternative -- dying young.*
37. *Your children get only one childhood.*
38. *All that truly matters in the end is that you loved.*
39. *Get outside every day. Miracles are waiting everywhere.*
40. *If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.*
41. *Envy is a waste of time. You already have all you need.*
42. *The best is yet to come.*
43. *No matter how you feel, get up, dress up and show up.*
44. *Yield.*
45. *Life isn't tied with a bow, but it's still a gift."*