

Written by a 90-year-old: Rules to Live By

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 – enjoy it.
4. Your job won’t take care of you when you are sick. Your friends and family will.
5. Don’t buy stuff you don’t need.
6. You don’t have to win every argument. Stay true to yourself.
7. Cry with someone. It’s more healing than crying alone.
8. Save for things that matter.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won’t screw up the present.
11. It’s OK to let your children see you cry.
12. Don’t compare your life to others. You have no idea what their journey and purpose is all about.
13. Everything can change in the blink of an eye.
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn’t useful. Clutter weighs you down in many ways.
16. It’s never too late to be happy. But it’s all a one way project.
17. When it comes to going after what you love in life, don’t take no for an answer.
18. Over prepare, then go with the flow.
19. No one is in charge of your happiness but you.
20. Frame every so-called disaster with these words: “In five years, will this matter?”
21. Always choose life.
22. What other people think of you is none of your business.
23. Time heals almost everything.
24. However good or bad a situation is, it will soon change.
25. Don’t take yourself so seriously. No one else does.
26. Believe in miracles.
27. All that truly matters in the end is that you loved.
28. Get outside every day. Miracles are waiting everywhere.
29. If we all threw our problems in a pile and saw everyone else’s, we’d grab ours back.
30. Envy is a waste of time. Accept what you already have not what you want.
31. No matter how you feel, get up, dress up and show up.
32. Life isn’t tied with a bow, but it’s still a gift.