Blue Jeans and Rubber Boots

By *Susan Schaefer*

About Getting Older

This is not original to me, but I think it has value and I wanted to share it with my readers.

I asked a friend who has crossed 70 & is heading towards 80 what sort of changes she is feeling in herself? This was her advise.

After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.

I have realized that I am not "Atlas". The world does not rest on my shoulders.

I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.

I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.

I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

I walk away from people who don't value me. They might not know my worth, but I do.

I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

I have learned to live each day as if it's the last. After all, it might be the last.

I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Don't wait to be 60 or 70 or 80,. Practice this at any stage and age?