

45 Life Lessons from a 90 year old (20 of my favorite phrases)

1. Life isn't fair, but it is still good
2. Life is too short to waste time hating anyone
3. Save for retirement, starting with your first pay slip
4. When it comes to chocolate, resistance is futile
5. Don't compare your life to others. You have no idea what their journey is all about
6. You can get through anything if you stay put in today
7. A writer writes. If you want to be a writer, write
8. Overprepare, then go with the flow
9. No one is in charge of your happiness except you
10. Forgive everyone everything

11. What other people think of you is none of your business
12. Time heals almost everything. Give time, time
13. Believe in miracles
14. Your children only get one childhood. Make it memorable
15. Get outside everyday. Miracles are waiting everywhere
16. All that truly matters in the end is that you loved
17. The best is yet to come
18. No matter how you feel, get up, dress up and show up
19. Take a deep breath. It calms the mind
20. Life isn't tied with a bow, but it's still a gift

My reflections of the phrases

Life is good when you make it good. We take charge of living positively with advices from people who reflect. We live only once, so we make the most of our life. Miracles are always possible. We pray. We are guided by people in our lives. Chocolate fuels our life. Writing promotes gratitude through our reflections while writing. Going with the flow, forgiving others, channels us in life. Time always heals. "Life isn't tied with a bow, but it's still a gift" "All that truly matters in the end is that you loved" "No matter how you feel, get up, dress up and show up" "Take a deep breath. It calms the mind"

<https://www.youtube.com/watch?v=2k0IkYdgbBE>